TORONTO metro®

LOTTO 649
Allison Mcghee & Blair Laing
Oshawa • Oct. 1
GUARANTEED $1 MILLION PRIZE WINNERS

Getting nowhere fast

Your Ride: Day 1. In this election-special instalment, columnist Edward Keenan looks at which candidates have the clout to actually get new transit built

Edward Keenan, seen here among long-suffering rush-hour commuters at Union Station, says something has to change, as Toronto's transportation gridlock is only rivalled by the political gridlock at city hall. RICK MADONIK/TORSTAR NEWS SERVICE

Maybe as you read this, you're squeezed nose-to-armpit between your fellow passengers on an overcrowded subway car. Maybe you've just finished the grinding drive through Toronto traffic. Maybe you've been playing a death-defying game of dodge-the-door survivor on a bike.

However you get where you're going in Toronto, you likely already know why transportation is a top concern for voters in this mayoral election. StatsCan says the average Torontonian spends more than an hour each day commuting, and they do so frustrated and uncomfortable.

Meanwhile, the traffic gridlock is mirrored by political gridlock at city hall. Bike lanes have been installed then removed; transit lines have been approved, cancelled, reinstated, then sometimes cancelled again.

We're getting nowhere fast. Something's got to change.

The pressing question in this election is not just what we should do about it, but if anyone can do anything at all.

The new mayor doesn't just need a plan, he or she needs to be able to get support for it, first from city council, then from the provincial and federal governments.

On Monday, John Tory was endorsed by federal Conservative Transport Minister Lisa Raitt — an announcement that, alongside leaked news of a private meeting with Stephen Harper earlier this year, is intended to telegraph that he has support in Ottawa.

Tory's connections at Queen's Park are even stronger. His campaign is largely being run by veteran provincial Liberals, and he's drawn high-profile endorsements from provincial Liberal MPPs, including Minister of Infrastructure Brad Duguid.

At city hall, Tory has more support among city councillors than other candidates, with seven members of the outgoing council on his team. He's built a reputation as a socially cosmopolitan, moderate fiscal conservative get-along guy, thanks to cross-partisan work in the charitable sector and a stint as an affable radio host.

His resumé as a corporate leader and establishment backroom boy suggests he'll be able to work his Rolodex to his advantage — a perception of insider access his opponents call a concern and his supporters call a strength. Either way, voters might reasonably conclude that if Tory is elected, he'll find the support he needs to push his agenda forward.

Olivia Chow's stack of endorsements from elected officials is slimmer. She's earned support from four city councillors so far — but unlike Tory, she can also point to a history of working with opponents in elected office.

She was on the budget committee and was an effective children's advocate under mayor Mel Lastman, and she passed a private member's bill with Conservative support as an NDP MP. She also has some high-profile labour union endorsements, and her experience at city hall means she'll arrive knowing how to navigate the public service to win institutional support.

Doug Ford, on the other hand, is one of the most divisive political figures in Canada. He was the attack dog for his brother's administration, calling his fellow city councillors names as they overruled the Ford administration's transit plans (and most of its other plans). As you might expect given that history, he doesn't have any endorsements from his colleagues on city council.

He also directly attacked the premier earlier this year, alleging she was part of a conspiracy against his brother, which doesn't inspire hope that his election would usher in a new era of provincial-federal co-operation.

If there was a signal failure of the Ford administration, other than substance abuse, it was an almost complete inability to win support for its agenda after the initial election honeymoon.

Doug Ford faces an uphill fight every step of the way if he's elected.

Of course, no matter how much support a mayor has, their plan also needs to be realistic if it's going to succeed. On Wednesday, we'll start looking at what the candidates are proposing.

Your take

This is the first story in a series of nine on the mayoral election and how it will impact transportation in Toronto. Which candidate do you believe can work best with others to get things done?

- Let us know at torontoletters @metronews.ca

NEWS WORTH SHARING.

Human tests underway on Ebola vaccine

Canadian-made vaccine shipped out, as hospitals in Belleville and Ottawa face patient scare PAGE 9

Leafs set for Reim time, despite hit?

Goalie says it's up to the coach whether he starts after head injury PAGE 32

The mind boggles at he who joggles

City's marathon juggle jogger champ aims for another record PAGE 4

The illusory wall between virtual and 'real' life

Douglas Coupland asks researcher about Avatar Secrets, a doc series on what online worlds teach us about ourselves PAGE 17

CANADA WIDE CLEARANCE

FALL BONUS / ALL OWNERS OF ANY '99MY OR NEWER VEHICLE RECEIVE AN ADDITIONAL $750† OR ALL OWNERS OF A '99MY OR NEWER PONTIAC/SATURN/SAAB/OLDSMOBILE/HUMMER/COBALT RECEIVE AN ADDITIONAL $1,500††

2014 SIERRA

0% PURCHASE FINANCING

84 MONTHS ON DOUBLE CAB 2WD 1SA*

OR

UP TO $8000 IN COMBINED CREDITS*/◆◆/††† ON ALL OTHER 2014 SIERRAs (INCLUDING $1,000 FALL BONUS)

BEST NEW PICKUP OF 2014
AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
www.ajac.ca

BEST FUEL EFFICIENCY
MOST FUEL-EFFICIENT V8 IN A PICKUP△

BEST AVAILABLE POWER
420 HP, 460 LB.-FT. OF TORQUE**

2015 SIGN & DRIVE LEASE

$0 DOWN **$0** 1ST TWO PAYMENTS **$0** SECURITY **$0** DUE AT DELIVERY

2015 GMC TERRAIN AWD

LEASE **$175@0.9%**

BI-WEEKLY FOR 48 MONTHS.▼ $0 DOWN PAYMENT. $0 SECURITY DEPOSIT. INCLUDES FREIGHT, PDI & LEVIES.

Terrain SLE-1 shown±

2015 GMC ACADIA AWD

LEASE **$199@0.9%**

BI-WEEKLY FOR 48 MONTHS.▼ $0 DOWN PAYMENT. $0 SECURITY DEPOSIT. INCLUDES FREIGHT, PDI & LEVIES.

Acadia SLT shown with available equipment±

PLUS ALL 2014 GMC MODELS INCLUDE GMC PRO-GRADE PROTECTION WITH COMPLIMENTARY OIL CHANGES FOR 2 YEARS/40,000 KM‡

LAST CHANCE ON A 2014, FIRST GLANCE AT A 2015

GMC WE ARE PROFESSIONAL GRADE

TO GUARANTEE OUR QUALITY, WE BACK IT **160,000-KM/5-YEAR** POWERTRAIN WARRANTY
Whichever comes first. See dealer for limited warranty details.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

Visit us at: **GMC.GM.CA**

For the latest information, visit us at gmc.gm.ca, drop by your local Buick GMC Dealer or call us at 1-800-GM-DRIVE. *Offer available to qualified retail customers in Canada for vehicles delivered between October 1, 2014 – October 31st. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 84 months on new or demonstrator 2014 GMC Sierra Double Cab 2WD 1SA. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $20,000 at 0% APR, the monthly payment is $238.10 for 84 months. Cost of borrowing is $0, total obligation is $20,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ◆◆$4,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2014 GMC Sierra 1500 Double Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. ◆◆$3,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2014 GMC Sierra 1500 Double Cab 4WD and is reflected in offers in this advertisement. Such credit is available only for cash purchase and by selecting lease or finance offers, consumers are foregoing such credit which will result in higher effective interest rates. Other cash credits available on most models. See dealer for details. */◆/◆◆/***Freight & PDI, ($1,695), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario BuickGMC Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited, dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ▲Warranty based on 6-years or 110,000 km, whichever comes first. Fully transferable. See dealer for conditions and limited warranty details. Excludes Medium Duty Trucks. ‡The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 KMs, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. †Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013, 2014, 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickups models delivered in Canada between October 1 and October 31, 2014 (except 2015MY Cadillac Escalade). Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $750 credit available on all eligible Chevrolet, Buick GMC vehicles; $1,000 credit available on all Cadillac vehicles (except 2015MY Cadillac Escalade). Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ††Offer applies to eligible current owners or lessees of any Pontiac/Saturn/SAAB/Hummer/Oldsmobile model year 1999 or newer car or Chevrolet Cobalt or HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013, 2014, 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickups models delivered in Canada between October 1 and October 31, 2014 (except 2015MY Cadillac Escalade). Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $1500 credit available on all eligible Chevrolet, Buick GMC vehicles; $2,000 credit available on all Cadillac vehicles (except 2015MY Cadillac Escalade). Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. †††Offer applies to eligible current owners or lessees of any model year 1999 or newer pick-up truck that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit is a manufacturer to consumer incentive (tax inclusive): $1,000 credit available towards the retail purchase, cash purchase or lease of one eligible 2013, 2014 or 2015 model year Chevrolet or GMC light or heavy duty pickup; delivered in Canada between October 1 and October 31, 2014. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ΔWhen equipped with available 6.2L EcoTec3 V8 engine (available to order fall 2013). Class is Light-Duty Full-Size Pickups. ** Requires 2WD Double or Crew Cab with available 6.2L EcoTec3 V8 engine and Max Trailering Package. Maximum trailer weight ratios are calculated assuming a base vehicle, except for any option(s) necessary to achieve the rating, plus driver. The weight of other optional equipment, passengers and cargo will reduce the maximum trailer weight your vehicle can tow. Comparison based on wardsauto.com 2013 Light-Duty Large Pickup segment and latest competitive data available. Excludes other GM vehicles. Class is Light-Duty Full-Size Pickups. ▼Based on a 48/48 month lease for 2015 GMC (Acadia SLE AWD 3SA/Terrain SLE AWD 3SA. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/trade. A down payment or trade of $0/$0 and/or $0 security deposit is required. Total obligation is $20,728/$18,186. Option to purchase at lease end is $19,726/$13,865. Excess wear and tear and km charges not included. Other lease options available. ±2014 Terrain AWD SLE-1. MSRP with freight PDI & levies $32,145. 2014 Acadia AWD SLT-1. MSRP with freight PDI & levies $49,310. Dealers are free to set individual prices.

Heaping helpings of thanks

Volunteer Percy D'Mello serves up heaping helpings of Thanksgiving dinner at Toronto's Good Shepherd Centre on Monday. The centre serves about 1,600 meals to the needy on Thanksgiving with the help of 92 volunteers.

TARA WALTON/TORSTAR NEWS SERVICE

Police ID 2 of 3 victims in possible murder-suicide

Southern Ontario police say the three people found dead in a Brampton home, northwest of Toronto, may have been involved in a double murder-suicide.

The bodies of 57-year-old Manjulaben Mistry, along with 61-year-old Hashmukhlal Mistry and another 91-year-old man whose identity hasn't yet been confirmed were found on Sunday morning.

Police first responded after getting a call from a family member regarding the well-being of a relative.

That person was among the three found dead inside the home.

Peel Regional Police Const. Lilly Fitzpatrick says homicide investigators are still on the scene Monday and are still trying to piece together what happened.

She says they are speaking with neighbours in the hopes of getting more information.

Autopsies for the three dead are scheduled for Tuesday. THE CANADIAN PRESS

'Uniquely Canadian stupidity'

Generic drug purchase. Study finds countries that use negotiation or tenders get the same drugs cheaper

Canada is paying more than double for six commonly used generic drugs compared with other developed countries because of a "highly unusual" purchasing plan, according to a new study released Tuesday.

Researchers found that through a mix of negotiations with drug companies and calls for tender, countries such as New Zealand, the United Kingdom and Germany are paying less than Canada for generic medications that treat everything from high blood pressure to depression. It's all thanks to a model the author of the study, Amir Attaran, calls "a uniquely Canadian stupidity."

The model implemented by the provinces and territories (except for Quebec) in April 2013 simply sets the price for the six generic drugs at 18 per cent of the price of the brand-name versions. At the time, the premiers, under the auspices of the Council of the Federation, said the six drugs represented 20 per cent of publicly funded spending on generic drugs and that the new spending plan was expected to save up to $100 million.

"All other countries studied here have preferred competition or negotiation to varying extents," the study says.

Attaran, Canada Research Chair in law, population health and global development policy at the University of Ottawa, said there's no question Canada has saved money, but said it could be saving even more if it adopted the approach most other countries do.

"You would think with all that political muscle working together, they would get it right," said Attaran of Canada. "Meaning what's happened here is not the case of an isolated province making an isolated mistake, it's everyone working together and coming up with a stupid mistake."

The study concludes that the reason for the cheaper prices in other countries is because other governments either negotiate with drug companies or put out a call for tender and choose the best offer.

TORSTAR NEWS SERVICE

What's the rationale?

The drugs in question are amlodipine, atorvastatin, omeprazole, rabeprazole, ramipril and venlafaxine. The study, which will be published in the journal Open Medicine, notes the provincial governments have never offered a rationale for the 18-per-cent price ceiling, nor have they stated whether the percentage will be revised in the future.

Get a Fresh Financial Start
Get Out of Debt Without Bankruptcy Without Loans
SPEAK TO THE Licensed Debt Professionals
FREE CALL 310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
www.DavidSklar.com
David Sklar, CPA, CA, CIRP, Trustee

‘Joggler’ aims for third record

Guinness. Juggling meets running in Michal Kapral’s sport of choice

Michal Kapral admits his sport is bizarre.

Children point at him. Teenagers shout, “That is sick!” Women jokingly ask him to marry them, and fellow runners yell “show-off” as he blows by.

“When I run, no one ever cheers me on. But when you’re joggling people are like, ‘Yeah! That’s awesome!’” he said.

Joggling (to juggle while jogging) has been around for more than 30 years. It’s an obscure, niche sport — but one that appears to be growing in Canada, especially with people like Kapral captivating pedestrians and runners alike.

Known as “The Joggler,” the East York writer is one of the world’s top jogglers. He holds the Guinness world record for the fastest marathon while joggling and the 10-kilometre title as well.

“You make people laugh, so it’s the greatest thing. You’re running around and you see people who look like they’re not very happy, and then all of a sudden they break into a big smile,” he said.

A chance discovery three decades ago set the wheels in motion for his future success.

Flipping through the pages of a Guinness World Records book as an 11-year-old, Kapral stumbled across a marathon joggling record. Having just learned how to juggle, he thought: Neat! Someday I want to break that record.

“But then I forgot about it for many years,” he said.

It wasn’t until 2004 that joggling re-entered the picture.

He had just run the Scotiabank Toronto Waterfront Marathon, setting a world record for fastest marathon while pushing his baby daughter in a stroller.

After the race, someone said to him: “That was awesome. What are you going to do next year?”

“Well, I’m going to run it while juggling,” he blurted out.

Now 42, he plans to complete the trifecta of joggling world records by competing in the upcoming Toronto Scotiabank Waterfront half-marathon on Oct. 19. Guinness officials will be there to observe.

TORSTAR NEWS SERVICE

Rules of joggling

- Typically, jogglers toss three round beanbags as they run.
- Jogglers are allowed to drop their beanbags, but must stop and restart juggling at the drop point.
- Jogglers must juggle every step of the entire race.
- If jogglers stop to drink water or use the washroom, they must stop still, hold the beanbags and then start again at the same point.

Michal Kapral runs the Scotiabank Toronto Waterfront Marathon in 2005. He plans to complete the trifecta of joggling world records by competing in the Toronto Scotiabank Waterfront half-marathon on Oct. 19. Guinness officials will be there to observe. CONTRIBUTED

Is this car-bike the way of the future?

Phil Lam, left, and Jonathan Lung from Sojourn Labs have created a plug-free electric hybrid bicycle. CARLOS OSORIO/TORSTAR NEWS SERVICE

It’s a car! It’s a bike! No ... it’s a plug-free electric hybrid prototype!

OK, so they need to work on the name, but it’s a smart concept: A team of PhD candidates from the University of Toronto has created an electric pedal-powered car-bike that could help beat the traffic snarls that plague our city’s streets.

“The project was inspired by my experiences commuting from Union Station,” co-creator Phil Lam says with a laugh. “But everybody’s experience is bad, right? Drivers get stuck in traffic. People who take public transit never get anywhere on time. Walking is pleasant, but it doesn’t take you very far ... Cycling, if not outright dangerous, is certainly uncomfortable for a lot of reasons.”

Fitted with wires, bike parts and a few Tupperware containers, the prototype looks like a cross between a recumbent bicycle and homemade sci-fi space pod. Within the lightweight aluminum chassis, however, are the seeds of a vision for more sustainable urban transport.

You charge the vehicle’s battery by pedalling. The intensity of your pedalling controls the 500-watt engine’s throttle. The engine itself is fully programmable, which means you can easily adjust the pedal-to-engine power ratio. Rushing to an important meeting? Let the engine do most of the work, so you don’t show up sweaty.

TORSTAR NEWS SERVICE

Details

- It took the creators 18 months to design and build the prototype, and if they get the six-figure investment they’re pining for, the vehicle could be available within two years.
- The final product, they say, will have lights, a semi-enclosed cabin, a range of 30 to 40 km and a maximum speed of 32 km/h.
- They also hope to make a two-seater model, and the planned addition of a roof-mounted solar panel means the vehicle might never have to be plugged in.

Have you read the Toronto’s Vital Signs® Report 2014?
What do you think?
Read this year’s Report, join the conversation, complete a survey at torontofoundation.ca.
TORONTO FOUNDATION
The Art of Wise Giving™
ONE OF 191 COMMUNITY FOUNDATIONS OF CANADA

Tory endorsed by Raitt, Chow demands platform

Election. Raitt is most senior and influential federal official to publicly support the candidate

Mayoral candidate John Tory was endorsed Monday by federal Transport Minister Lisa Raitt, who praised him as a consensus-builder but would not discuss the Smart-Track rail proposal that is the centrepiece of his campaign.

Raitt, the Conservative MP for Halton and former chief executive of the Toronto Port Authority, is the most senior and influential federal official to publicly back Tory. He has also been endorsed by Liberal provincial ministers, including Infrastructure Minister Brad Duguid.

Tory has been announcing several endorsements a week as he seeks to project strength in the final stretch of the marathon campaign. He argues he is best positioned to work with Queen's Park and Ottawa.

"The only way to get things done in our fantastic area is by co-operation. And I can tell you that John can get along with people, John can lead people, John can negotiate with people, John can get to an end result. And that's exactly what we need here in Toronto," Raitt said at the midtown home of a Tory campaign volunteer.

Rival Olivia Chow, trailing Tory in the polls, has been criticizing him relentlessly. Half an hour after his appearance with Raitt, Chow held a news conference to challenge him to release a full platform.

Chow noted that Tory has not issued a document that explains how he will pay for all of his promises. She released her own platform and financial plan a week and a half ago.

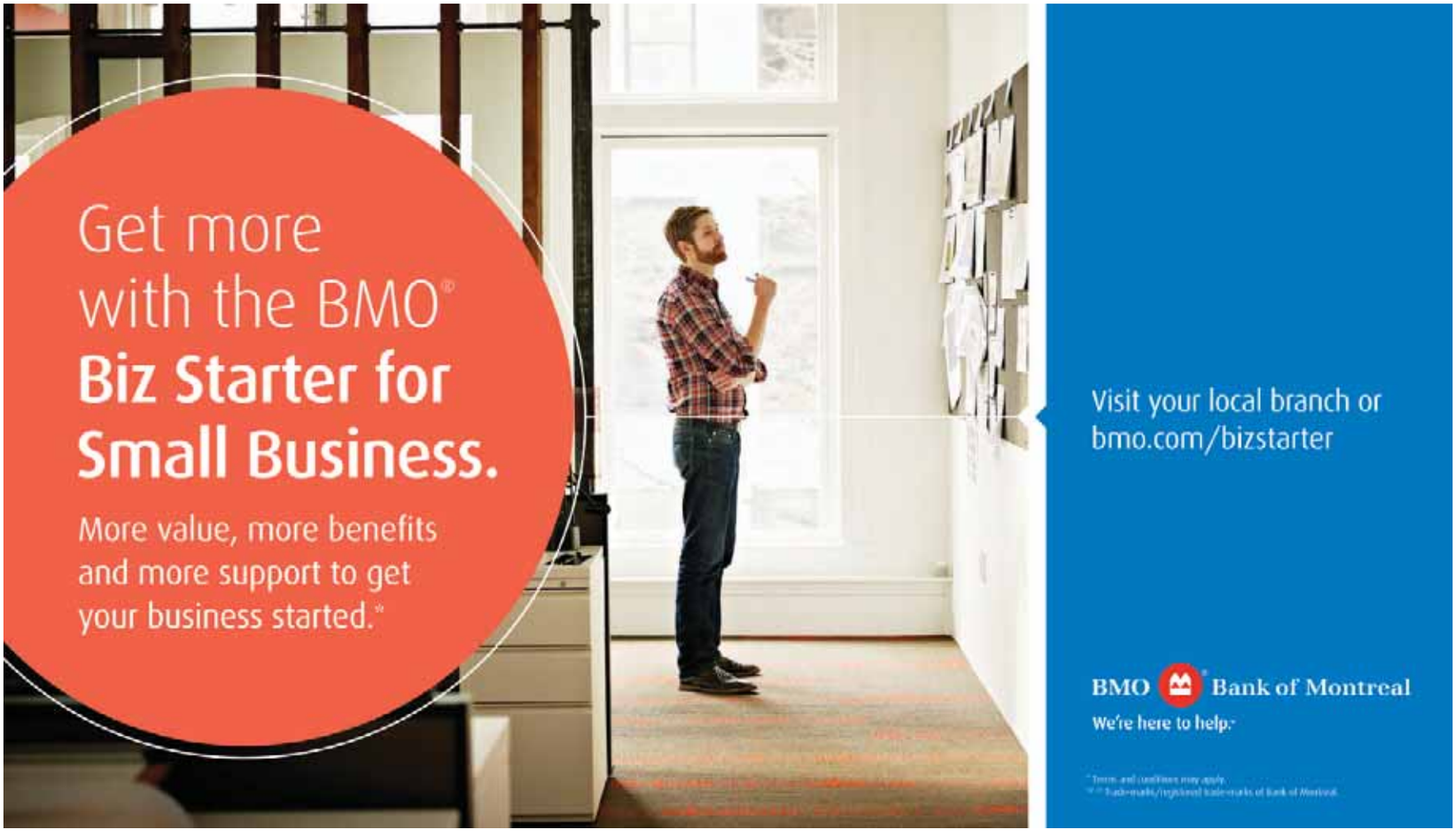
"In contrast, Mr. Tory has a wish list. He does not have a plan. He has a wish list that is not costed at all," she said.

Chow said Tory is making "empty promises" and giving residents "false hope," as she said Mayor Rob Ford did with his promise of several subways.

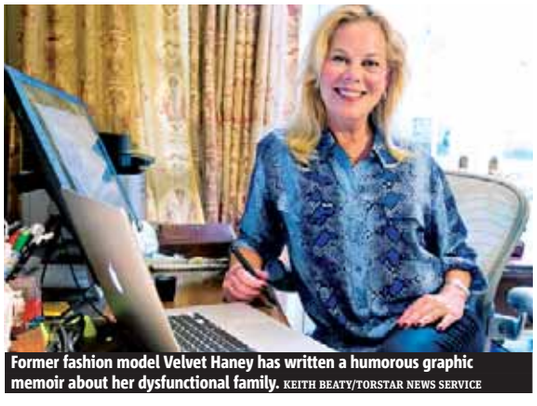
Chow then criticized Raitt, referring to a controversial defamation lawsuit the port authority filed against the advocacy group Community AIR in 2006, when Raitt was at the helm. The group retracted and apologized for its statements in 2007.

TORSTAR NEWS SERVICE

John Tory and Lisa Raitt put up a law sign after Raitt endorsed him.
TORSTAR NEWS SERVICE



Ex-model pens memoir of life in city slum


Former fashion model Velvet Haney has written a humorous graphic memoir about her dysfunctional family. KEITH BEATY/TORSTAR NEWS SERVICE

Velvet Haney didn't speak at her mother's funeral. Her five siblings did, but not her. "Oh my God, if I had tried to speak it would have been a therapy session," says Haney.

Instead, she saved her eulogy for now. Her graphic memoir The Mousehouse Years tells the story of her mother, Meg McLaughlin Richardson, who grew up wealthy — private schools, horseback riding, idyllic summers on the family's island — and raised her six children alone in a tiny house in a Toronto slum during the early '60s.

It's about the mother's turbulent marriage to Bill Richardson, father of her six children, a prospector who made and lost a fortune, a philanderer and outrageous personality. When the mother and children lived on a Durham farm, he once dropped a bag of toys and a dozen roses from a plane and then landed the Cessna in the yard.

At a glance

The tall, blond Haney became a fashion model on the catwalks of Europe and North America before marrying John Haney — one of the creators of Trivial Pursuit.

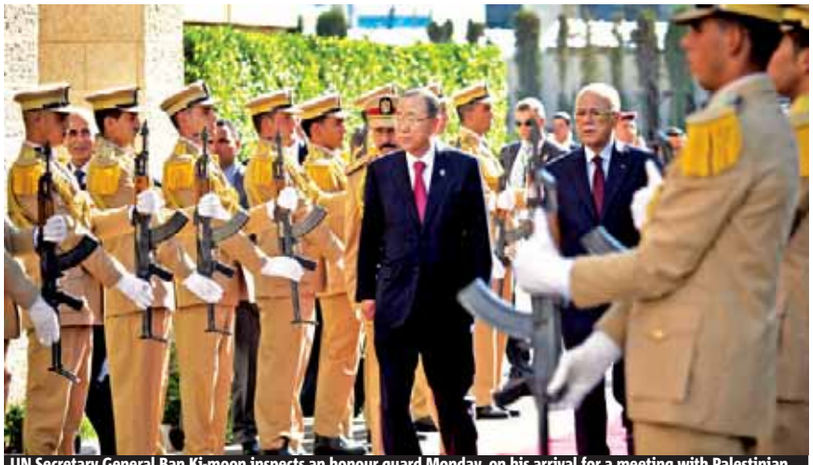
Haney, 60, talks about her unconventional parents and her childhood in an Alexandra Park slum, an area later razed for the present-day housing project. She now lives in a Forest Hill home, seven kilometres apart but a lifetime away.

In her upstairs home office, shelves are packed with books, and pages of her drawings hang off a line running across the room. There are lots of family photos, including ones of her mother as a university student and later white-haired, her grown children surrounding her.

TORSTAR NEWS SERVICE

UN chief slams Israel over settlement expansion plans

Visit. Ban Ki-moon urges Netanyahu to halt construction in East Jerusalem, resume talks with Palestinians



UN Secretary General Ban Ki-moon inspects an honour guard Monday, on his arrival for a meeting with Palestinian Prime Minister Rami al-Hamdallah in the West Bank city of Ramallah. NASSER NASSER/THE ASSOCIATED PRESS

UN Secretary General Ban Ki-moon chastised Israeli Prime Minister Benjamin Netanyahu on Monday over the issue of Jewish settlements and challenged him to show "leadership" and make compromises for peace.

The uncharacteristically harsh language by Ban came during a visit to Jerusalem, where the UN chief denounced Israel's latest construction move as a "clear violation of international law."

Ban was referring to an announcement by the Jerusalem municipality two weeks ago, which said it had approved plans for the construction of some 2,500 homes in Givat Hamatos. The construction would complete a band of Jewish housing in east Jerusalem and present another obstacle to the Palestinian goal of establishing a capital in the area, which was captured by Israel in the 1967 Mideast war.

"This does not send the right signals, and I urge the government of Israel to reverse these activities," Ban said, standing next to Netanyahu. THE ASSOCIATED PRESS

Police face demonstrators

Clashes at holy site

Palestinian demonstrators clashed with Israeli police at a sensitive holy site in Jerusalem on Wednesday, leaving three officers slightly injured, a police spokeswoman said. The clashes erupted after several dozen masked Palestinians began throwing rocks, firecrackers and other pyrotechnical devices at police at the site known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary. THE ASSOCIATED PRESS

Aid. Tough road ahead for Gaza rebuilding

Pledges of $2.7 billion for reconstructing the Gaza Strip may seem impressive, but huge challenges lie ahead as the Palestinian government had asked for more and its prime minister questioned Monday whether all of the money would actually arrive.

The rebuilding of thousands of homes, shops and factories destroyed in the Israel-Hamas war this summer also will require co-operation between longtime adversaries and an intricate monitoring system.

Israel will have to lift its border restrictions, in place since the Hamas takeover of Gaza in 2007, and allow huge quantities of cement and steel into the territory. On the Gaza side, UN inspectors and a Palestinian unity government trying to take over from Hamas will have to ensure that the shipments are not diverted by the Islamic militant group for military use. THE ASSOCIATED PRESS

itravel2000.com
Spinbrella
Book your Sunwing or Signature winter vacation with **itravel2000** to save big and win big.
When you play Spinbrella, you'll be entered for a chance to win amazing prizes like a $25,000 dream vacation, $1,000 travel vouchers, all-inclusive trip giveaways, Samsung tablets and more!
Every spinner is a winner when you play Spinbrella.
1.866.WOW.DEAL itravel2000.com
Signature vacations sunwing
No Purchase Necessary. For full rules, prize descriptions and how to enter, visit http://spinbrella.ca. Contest closes 11:59:59 PM ET on November 16, 2014; PINs available until 11:59:59 PM ET on November 7, 2014. 5,371 Instant Win Prizes available to be won, ranging from $50.00 (CDN) to $25,000.00 (CDN) in value. As Instant Win Prizes are claimed, the number of Instant Win Prizes available will be reduced accordingly. Must be a resident of Canada and the age of majority. Correct answer to mathematical skill-testing question required.

UNIVERSITY OF TORONTO SCHOOL OF CONTINUING STUDIES

Achieve more.

Steven Javor

Graduate, E-business/E-commerce Management Certificate. Steven, who helped develop criteria for the first Interactive Media Emmy award, is Senior Manager, Digital Customer Experience, for Schneider Electric Canada.

"Even as a corporate veteran of e-business, I found the certificate gave me the knowledge, language and confidence to lead me to find employment with a Fortune 500 global company."

We offer boundless opportunity to enhance your skills and enrich your life.

For easy registration or to order a free copy of our course catalogue, call 416.978.2400 or visit our website. Follow us on Twitter **@UofTLearnMore**.

learn.utoronto.ca

UNIVERSITY OF TORONTO
SCHOOL OF CONTINUING STUDIES

U OF T MISSISSAUGA U OF T ST. GEORGE U OF T SCARBOROUGH

DEFIANCE
STARTS NOW
Tip-Off Pack Includes:
HOME OPENER vs Atlanta Hawks · Wed Oct 29
Oklahoma City Thunder · Tue Nov 4
Memphis Grizzlies · Wed Nov 19
Packs start at $99*
WE THE NORTH
RAPTORS.COM
*Based on a 2014-15 Tip Off Pack purchased in the Fanzone section. "Toronto Raptors" and associated word marks and logos are trademarks, designs and other forms of intellectual property of NBA Properties, Inc. and the Toronto Raptors © 2015 NBA Properties, Inc. All rights reserved.

Psychologist calls Pistorius 'a broken man'

Judge ponders sentence. Hearing to last several days

Oscar Pistorius, foreground, in court Monday, Oct. 13.
MARCO LONGARI/THE ASSOCIATED PRESS

Oscar Pistorius is a "broken man" after killing girlfriend Reeva Steenkamp and has already suffered emotionally and financially, a psychologist called by the Olympic runner's lawyers testified Monday ahead of his sentencing.

Dr. Lore Hartzenberg gave the testimony ahead of Pistorius' sentencing for culpable homicide, and it was almost immediately characterized by the chief prosecutor as lacking balance. Prosecutor Gerrie Nel also expressed shock after a defence witness suggested Pistorius be sentenced to occasional house arrest and community service for shooting dead his girlfriend.

After Hartzenberg described how Pistorius had suffered since the Valentine's Day killing last year, Nel noted that the double-amputee athlete likely still has the chance to rebuild his life and possibly continue his career, whereas Reeva Steenkamp is dead and her family is devastated.

"We are now dealing with a broken man, but he is still alive," the prosecutor said. He asked the psychologist what she knew about Steenkamp.

"Do you know anything about her dreams, what she wanted to do in life?" Nel said.

Judge Thokozile Masipa was hearing evidence on the first day of Pistorius' sentencing hearing, which is expected to last several days. After listening to testimony from witnesses called by both the defence and prosecution, Masipa will decide on Pistorius' sentence.

It can range from a suspended jail sentence and a fine to as many as 15 years in prison. Masipa last month found Pistorius, 27, guilty of culpable homicide but not guilty of both premeditated murder and murder in his killing of Steenkamp at his home. THE ASSOCIATED PRESS

Police shootings

Nearly 20 arrested during Missouri rally

Nearly 20 people were arrested Monday during a large rally in Missouri, where protesters have been unremitting since an unarmed 18-year-old black man was fatally shot by a police officer. Clergy members led several hundred people on a march, using a bullhorn to read the names of people killed by police across the U.S., marking the third straight day of recent protests in the St. Louis suburb where Michael Brown was fatally shot Aug. 9 by a white police officer.
THE ASSOCIATED PRESS

Idaho. Man dressed as zombie killed by bus at corn maze paintball event

A bus carrying paintball players struck and killed a Washington state man inside a zombie attraction at a corn maze in northern Idaho, authorities said Saturday.

Jeremy T. McSpadden Jr., 18, of Spokane Valley, Washington, was a role player in the Zombie Slayer Paintball Bus attraction at the Incredible Corn Maze in Hauser on Friday night, the Kootenai County Sheriff's Office said.

Dressed as a zombie, he emerged from his hiding place and ran toward the modified school bus, but he tripped and fell in front of the rear passenger-side tires, witnesses reported.

He was run over and apparently killed instantly. Because of the uneven terrain of the corn maze, the bus frequently rocks, and the occupants did not immediately notice what had happened, investigators said.

"It was not until the bus had travelled away from the victim's location and the role players began to reset for the next bus to come along that anyone realized something was wrong," the sheriff's office said in a news release.
THE ASSOCIATED PRESS

Protect Environmental Services Inc. workers carefully dispose of items from the apartment of a U.S. health-care worker in Dallas who contracted Ebola after treating now-deceased Ebola patient Thomas Eric Duncan, becoming the second person in the U.S. to test positive for the virus. BRANDON WADE/THE ASSOCIATED PRESS

Canadian Ebola vaccine now on to human trials

VSV-EBOV vaccine. Twenty vials have been sent to a U.S. military lab in Maryland for testing on about 40 healthy volunteers

Human testing of an experimental Canadian-made Ebola vaccine began Monday, with federal officials saying the drug could be shipped to West Africa within months if it proves successful.

Health Minister Rona Ambrose said the launch of the vaccine's first clinical trial marks a promising step in the global campaign to contain the virus, which the World Health Organization says has killed more than 4,000 people.

Twenty vials of the vaccine have been sent to the Walter Reed Army Institute of Research in Maryland for testing on about 40 healthy volunteers, she said.

The Phase 1 trial will determine if the vaccine created by Public Health Agency of Canada, known as VSV-EBOV, is safe for human use. It will also determine the proper dosage level and test for possible side effects, Ambrose said.

Studies have shown the vaccine works in primates both to prevent infection when given before exposure and to increase survival chances when given quickly after exposure.

Canada's chief public health officer said results from the human trial are expected by December, and if successful, the next stage would be to test it in a larger human sample, including those directly handling Ebola cases in West Africa.

"The health-care workers on the ground are the most likely target to do the next step," which could begin by the end of the year or early 2015, Dr. Gregory Taylor said in a news conference in Toronto.

A small U.S. company called NewLink Genetics holds the licence for the vaccine and will be arranging the trials at the U.S. military lab.

NewLink said earlier this month that at least five clinical trials involving the vaccine would soon be underway in the United States, Germany, Switzerland and in an unnamed African country which is not battling Ebola.

The Canadian government has also said it wants to conduct a trial in this country.

THE CANADIAN PRESS

Ebola scare in Ontario

Health officials in Ottawa and Belleville announced Monday that two patients were placed in isolation as a precaution because they showed Ebola-like symptoms.

- Ottawa Public Health said the patient in Ottawa Hospital has tested negative for the virus, and isolation is no longer required.
- Results for the patient in Belleville are not available. Officials say the patient was in Sierra Leone recently, but consider it unlikely the symptoms would turn out to be Ebola.

'Good defence strategy'

Ebola education may curb economic disruption: WHO

The World Health Organization called the Ebola outbreak "the most severe, acute health emergency seen in modern times" on Monday, but also said that economic disruptions can be curbed if people are adequately informed

WHO Director-General Margaret Chan said 90 per cent of economic costs of any outbreak "come from irrational and disorganized efforts of the public to avoid infection." Chan said that adequately educating the public was a "good defence strategy" and would allow governments to prevent economic disruptions.

THE ASSOCIATED PRESS

Health workers wearing protective gear wait to carry the body of a person suspected to have died from Ebola on Monday in Monrovia, Liberia.

ABBAS DULLEH/THE ASSOCIATED PRESS

ESSENTIAL COMBO

LEFTOVER TURKEY & A CITRUSY CHARDONNAY

Kim Crawford East Coast Unoaked Chardonnay
New Zealand
991950
Light & Crisp
$19.95

Fall turkey and pasta recipe at *vintages.com/food*

VINTAGES ESSENTIALS
Proven favourites. Always available.

LET'S GET LCBO TOGETHER

Available in VINTAGES at many LCBO stores. Prices subject to change without notice.

Birth control pill linked to fish sterility

Study. Researcher says 'feminizing' problem can be reversed with better waste-water treatment in Canada

The lead researcher of a new study is calling for improvements to some of Canada's waste-water treatment facilities after finding that introducing the birth control pill in waterways created a chain reaction in a lake ecosystem that nearly wiped out a freshwater fish.

The study published Monday found that introducing small amounts of estrogen into a lake led to the near extinction of the fathead minnow because it interfered with the fish's ability to reproduce.

Lead researcher Karen Kidd of the University of New Brunswick said the study has been ongoing since the late 1990s, when researchers in the United Kingdom discovered that male fish began to develop eggs when estrogen was introduced in their habitat.

Kidd said their study set out to build on that research to determine whether the estrogen would affect the fathead minnow's ability to reproduce and whether there were larger effects on the lake's ecosystem.

"Right away, the male fish started to respond to the estrogen exposure by producing egg yolk proteins and, shortly after that, they started to develop eggs," she said in an interview from Saint John, N.B. "They were being feminized."

Kidd said shortly after introducing the estrogen, the numbers of fathead minnow crashed, reducing numbers to one per cent of the population.

"It was really unexpected that they would react so quickly and so dramatically," she said. "The crash in the population was very evident and very dramatic and very rapid and related directly to the estrogen addition."

"It's a problem that we can certainly resolve with better waste-water treatment," Kidd added. THE CANADIAN PRESS

A researcher is calling for improvements to some of Canada's waste-water treatment facilities after finding that introducing the birth control pill in waterways nearly wiped out a freshwater fish. ISTOCK

School opens in Haiti to honour Mountie who died in 2010

Carpenter Mario Celestin, centre, shows students a machine in the carpentry room during the opening of the Sgt. Mark Gallagher Memorial Vocational School on the outskirts of Port-au-Prince, Haiti, on Monday. Sgt. Mark Gallagher, a well-known spokesman for the RCMP in the Maritimes, was killed almost five years ago in the devastating 2010 earthquake while he was on an educational mission in the Caribbean country. DIEU NALIO CHERY/THE CANADIAN PRESS

Animal rights group calls for changes after uncovering pigs' 'journey to hell'

An animal rights group is urging the federal government to update regulations on animal transport after releasing a video that alleges abuse at a hog facility in Red Deer, Alta.

Mercy for Animals sent an undercover investigator to the Western Hog Exchange facility for 10 weeks from May to August of this year.

The investigator captured video of the pigs being kicked and struck with what appears to be a club, but Mercy for Animals' executive director Krista Osborne said the video is "merely a glimpse" of the abuse and cruelty animals are subjected to during transportation.

"These animals are truly on a journey to hell," she said during a press conference on Monday, adding that current Canadian regulations allow for animals to be trucked thousands of kilometres for up to 52 hours without food, rest or water. "Their journey is filled with fear, pain and distress."

The video also shows pigs stuffed in overcrowded corals and several injured animals limping around. Osborne said that every year, more than eight million animals arrive at slaughterhouses dead, injured or too sick to be fit for human consumption. She said pigs sometimes arrive at their destination frozen to the truck.

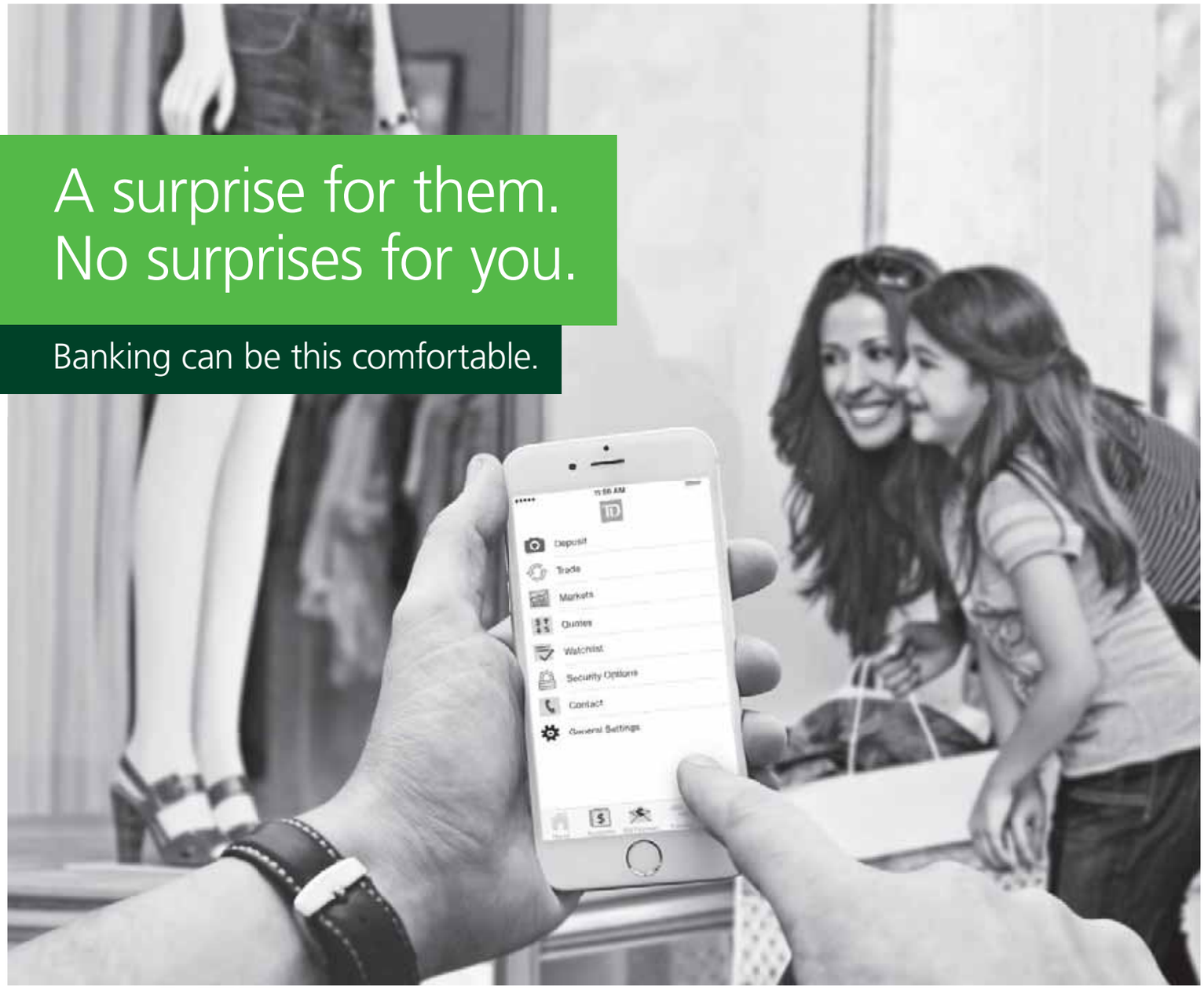
"They suffer agonizing deaths from dehydration, starvation, suffocation and severe injuries due to overcrowding," she said.

Alberta's Society for the Prevention of Cruelty to Animals is looking into the allegations and the facility has also launched an independent investigation.

Mercy for Animals is calling for stricter limits on transportation times, better conditions for animals in transit and clearer definitions of what it means for an animal to be unfit for transport.

TREVOR GREENWAY/METRO IN OTTAWA WITH FILES FROM THE CANADIAN PRESS

750,000 PROCEDURES.† THAT'S EXPERIENCE YOU CAN TRUST.
Free yourself from glasses and contacts today.
Book a free consultation at 1-877-316-9888 or lasikmd.com
- Dr. John Lloyd - Dr. Avi Wallerstein - Dr. Mark Cohen
LASIK MD VISION Starting at $490 /eye*
†Based on the collective experience of all LASIK MD surgeons. *Prices are subject to change without prior notice and vary based on prescription strength. Only applicable on a procedure for both eyes. Other conditions may apply.



Take online banking on the go with the TD app.

When you download the TD app, you can securely check your balances almost anywhere, anytime. Which means you can treat your family once in a while without losing sight of your finances. A mini shopping spree? A weekend getaway? We'll leave the fun part up to you.

Download it easily

Download on the App Store

All trade-marks are the property of their respective owners. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

LIFE INSURANCE
Mortgage Insurance/Line of Credit Insurance

Do you have Mortgage Insurance or Line of Credit Insurance with a BANK?
COMPARE & SAVE UP TO 50% ... LOWEST RATES GUARANTEED!
For Intant QUOTE: VISIT www.henriquesfinancial.com
Monthly Premium for a 10 year Term (Renewable & Convertible) Preferred Plus Non Smoker

Age	$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female
30	$10	$8	$9	$7	$18	$13
40	$12	$10	$12	$10	$23	$18
45	$16	$12	$19	$13	$33	$22
50	$16	$13	$29	$20	$52	$36
65	$61	$40	$146	$94	$280	$183

Also available: Life Insurance without medicals!

Other Plans: Terms 20, 25, 30, Term 100, Whole Life, Universal Life, Critical Illness and Disability Insurance, Health & Dental, Visitor's Plans, RRSP and RESP

Brokers representing Manulife, BMO, RBC, Canada Life, Industrial Alliance, Foresters, CPP, Empire Life, Desjardins ...

Pls. Call: Guilroy or Rahul (Henriques Financial Inc.) Tel: 416-898-8889 / 905-282-0800 / 1888-744-9418 (24/7)
Email: henriquesfinancial@rogers.com Website: www.henriquesfinancial.com

TRACE STUDY RYERSON UNIVERSITY

HAVE YOU EXPERIENCED A TRAUMATIC EVENT WITHIN THE LAST SIX MONTHS?

If so, then you may be eligible to participate in this research study.

Compensation is $60 for the first assessment.
If you are interested in participating, please contact the research coordinator for more information at
trace@psych.ryerson.ca or 416-979-5000 ext. 2183.

North Korea's leader shows up

It's official. North Korea's state news agency makes no mention of Kim Jong Un's health, detailing only his comments

North Korean Leader Kim Jong Un has made his first public appearance in five weeks, the country's official news agency reported Tuesday, ending an absence that fuelled global speculation that something was amiss with the country's most powerful person.

Resuming what had been a regular practice before he stopped showing up in media reports for 40 days, Kim "gave field guidance" at the newly built Wisong Scientists Residential District, according to a dispatch from the Korean Central News Agency released in the early morning hours. The agency didn't say when the visit happened, but added that Kim made another visit the same day to a newly built natural energy institute.

These kinds of inspection tours had been typical of Kim, thought to be 31, until he began laying low after last appearing Sept. 3 at a concert.

North Korean leader Kim Jong Un, seen in this July 2013 photo, has made his first public appearance in five weeks. THE ASSOCIATED PRESS

Reasons for absence?

Kim Jong Un has been reported variously to be suffering from gout, from diabetes, from a brain hemorrhage, from a heart ailment, from a leg injury that required surgery from a French doctor, from mental illness or, according to a head-turning British report, from a cheese addiction.

As the weeks passed, the apparent vanishing act of a man long caricatured in foreign media as an all-powerful overlord sitting on a nuclear arsenal while his people starved proved endlessly fascinating.

Many analysts believe that while Kim may have some health issues, he's probably not in serious trouble.

THE ASSOCIATED PRESS

Alaska

Same-sex couples apply to marry

Several gay couples lined up early on Monday in Alaska to apply for marriage licences after a federal judge struck down the state's ban on same-sex unions on Sunday. Matthew Hamby, the lead plaintiff in the case to make gay marriage legal in Alaska, was among the first in Anchorage.

THE ASSOCIATED PRESS

Lost and found

Pet parrot returned after four years

A pet African grey parrot that spoke with a British accent when it disappeared from its home four years ago has been reunited with its owner — and the bird now speaks Spanish.

Southern California veterinarian Teresa Micco tracked Nigel's microchip to Darren Chick of Great Britain.

THE ASSOCIATED PRESS

Tony just discovered the secret to getting better insurance rates ... shopping around!

Auto | Home | Motorcycle | Life | Commercial | Travel

InsuranceHotline.com

The simple way to shop for insurance.

Teacher jailed in Jakarta hopes 'nightmare' will come to an end

Neil Bantleman.
Former Calgary educator thankful for the support of friends, family and strangers

JEREMY NOLAIS
Metro in Calgary

He's been locked away for more than three months, sharing a tiny cell with up to eight men at a time.

By day, he reads, draws, meditates and practises his Bahasa, the official language of Indonesia.

The food provided is of terrible quality, the bath and toilet aren't private and the security measures are seemingly inadequate.

But still, Neil Bantleman remains confident that his name will be cleared and that he will be free to return home to his wife, Tracy.

"All things considered I'm OK," he said during a Metro message interview arranged with the former Calgary private school teacher from his cell in the Indonesian capital of Jakarta. "(I'm) being hopeful, staying positive and praying that this nightmare will end soon."

"(The) worst part is being away from Tracy and having your freedom taken away," he added. "I miss my colleagues and the students and the sense of being part of the school community."

Bantleman and a fellow teacher from the Jakarta International School, Ferdinand Tijong, were arrested July 14 amid allegations of sexual abuse involving kindergarten-aged students.

The pair have been detained since but claim not a single shred of evidence has been presented to justify police suspicions.

Outside the jail, hundreds have rallied around the pair, holding candlelight vigils and writing letters to Canadian Foreign Affairs calling for action to secure their release.

Indonesian law allows a suspect to be held for 120 days without a criminal file being taken on by a prosecutor; over the weekend, Bantleman's time behind bars eclipsed the 90-day mark. But in his messages Bantleman gave no indication that he was bitter, stating he simply wanted to be set free.

"I am humbled and deeply appreciative of all the support I have received," said Bantleman, who previously taught for a decade at Calgary's Webber Academy.

"The community of support is overwhelming ... a loving family, friends from far and wide and complete strangers who have offered their support and prayer continues to give me the strength to carry on."

Freedom lost

"The worst part is being away from Tracy and having your freedom taken away. I miss my colleagues and the students and the sense of being part of the school community."

Neil Bantleman, former Calgary private school teacher, discusses the worst parts of his imprisonment in Jakarta.

Neil Bantleman, left, wife Tracy as well as Ferdinand Tijong and wife Sisca are seen during a visit last week to the jail where the two men have been held since July. IMAGE COURTESY TRACY BANTLEMAN

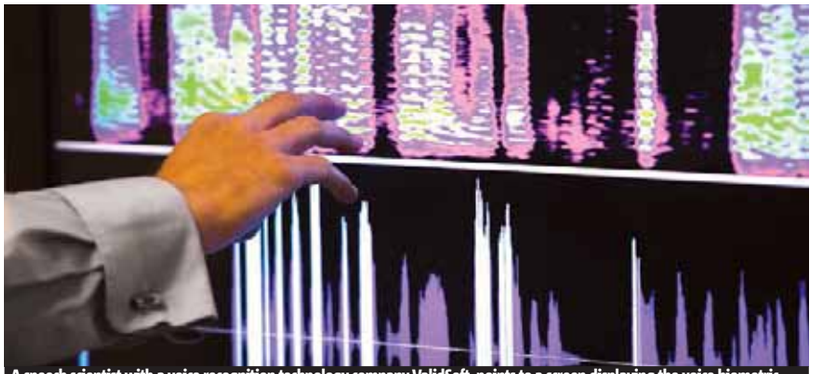
Mentoring him could be the start of something big
- like safer schools

start something with a donation of time or money at bigbrothersbigsisters.ca

Big Brothers Big Sisters.ca

Get ready to speak up, folks: Voiceprints go mainstream

Voice biometrics.
Technology is set to become the 'de facto standard' by 2017


A speech scientist with a voice recognition technology company ValidSoft, points to a screen displaying the voice biometric features of a telephone call during a demonstration at the company's office in central London in September. THE ASSOCIATED PRESS

Over the telephone, in jail and online, a new digital bounty is being harvested: the human voice.

Businesses and governments around the world increasingly are turning to voice biometrics, or voiceprints, to pay pensions, collect taxes, track criminals and replace passwords.

"We sometimes call it the invisible biometric," said Mike Goldgof, an executive at Madrid-based AGNITiO, one of about 10 leading companies in the field.

Those companies have helped enter more than 65 million voiceprints into corporate and government databases, according to Associated Press interviews with dozens of industry representatives and records requests in the United States, Europe and elsewhere.

"There's a misconception that the technology we have today is only in the domain of the intelligence services, or the domain of Star Trek," said Paul Burmester, of London-based ValidSoft, a voice biometric vendor. "The technology is here today, well-proven and commonly available."

And in high demand.

Dan Miller, an analyst with Opus Research in San Francisco, estimates that the industry's revenue will roughly double from just under $400 million US last year to between $730 million and $900 million next year.

Barclays PLC recently experimented with voiceprinting as an identification for its wealthiest clients. It was so successful that Barclays is rolling it out to the rest of its 12 million retail banking customers.

"The general feeling is that voice biometrics will be the de facto standard in the next two or three years," said Iain Hanlon, a Barclays executive.

Vendors say the timbre of a person's voice is unique in a way similar to the loops and whorls at the tips of someone's fingers.

Their technology measures the characteristics of a person's speech as air is expelled from the lungs, across the vocal folds of the larynx, up the pharynx, over the tongue, and out through the lips, nose, and teeth. Typical speaker recognition software compares those characteristics with data held on a server. If two voiceprints are similar enough, the system declares them a match.

THE ASSOCIATED PRESS

In Canada and beyond

TD Bank is now using voiceprints

Canada's TD Bank Group, the National Australia Bank Ltd. and the Bank of New Zealand are among the businesses allowing customers to sign into their accounts or skip call centre security questions by supplying a voiceprint.

California-based VoiceVault gives consumers the option of attaching "vocal signatures" to documents by speaking into the receiver following a telephone prompt.

Israeli company FST Biometrics is using voice biometrics to secure everything from apartment complexes to airports.

Georgia-based AnyTrax uses the technology to monitor low-risk offenders on parole. The automated calls to an offender's home landline prompts the person being monitored to repeat a random set of numbers into the phone.

THE ASSOCIATED PRESS

Do you have
TYPE 2
DIABETES?

LMC is looking for individuals who are 18 years or older, with Type 2 Diabetes who may be treating it with one medication and/or diet and exercise.

The research study involves an investigational medication which may lower blood sugars.

If you qualify, study related medications and supplies are provided at no cost. This study could last up to 65 weeks and some participants may receive a placebo during the study. Additional compensation for travel may be available.

Speak with our Diabetes Specialists today at:

LMC DIABETES
866-701-ENDO (3636)
LMC.ca

LMC Making Healthy Easier
DIABETES ▪ METABOLISM ▪ ENDOCRINOLOGY

TORONTO • OAKVILLE • ETOBICOKE • THORNHILL • BARRIE • MARKHAM • BRAMPTON • CALGARY • MONTREAL

OISE Ontario Institute for Studies in Education
University of Toronto

OISE OPEN HOUSE
October 20-25

Learn about Graduate Degrees and Teacher Education Programs

For details and to register: **tinyurl.com/OISEOpenHouse**

WITH OISE
I CAN

UNIVERSITY OF TORONTO
OISE | ONTARIO INSTITUTE
FOR STUDIES IN EDUCATION

Extortion? Restaurateurs claim Yelp ratings are cooked up based on ad buys

First the chefs of a small Italian restaurant got mad at online review site Yelp. Instead of trying to get better reviews, they decided to take a different approach: get terrible ones.

The campaign helped Botto Bistro get a rating of one out of five stars, as more than 1,000 reviewers left hundreds of tongue-in-cheek reviews panning the Richmond, Calif., eatery, said chef Michele Massimo, adding that it boosted business.

It was the latest protest among businesses who for years have complained that Yelp was extorting them by raising or dropping ratings depending on whether they advertised with the Internet's most popular review site.

Yelp has persistently denied those claims on its website, in court and at every opportunity when the question is put publicly to the company.

"It wouldn't pass the straight-face test," Yelp spokesman Vince Sullitto said of the extortion claims.

THE ASSOCIATED PRESS

Chef Michele Massimo prepares a salad in the kitchen of his restaurant Botto Bistro Wednesday. BEN MARGOT/THE ASSOCIATED PRESS

Liquor ad laws

A whisky fair by any other name will taste as sweet?

It's a whisky trade fair. But it can't say it is. Authorities in Finland have ordered the Beer and Whisky Expo Finland 2014 to change its name, arguing it violates Finland's law against advertising liquor. The event will now be called simply a beer expo, since advertising mild alcoholic beverages is allowed. THE ASSOCIATED PRESS

Beijing

$3.3B, 300-acre Universal theme park set for China

China has approved the development of a $3.3-billion US Universal theme park in Beijing that would be the first major foreign-owned theme park in the Chinese capital. The U.S. company Comcast NBCUniversal said the park will be developed on about 300 acres in Beijing. THE ASSOCIATED PRESS

FREE
+
with every
flu shot*
Get your flu shot at our pharmacy.
REAL CANADIAN Superstore
big on fresh, low on price.
nofrills
lower food prices
*Certain restrictions apply. Immunizations are available when an injection certified pharmacist is on duty, and subject to vaccine availability. Vaccine availability is determined by the Local Public Health Unit in your area. Pharmacists may only administer the publicly funded influenza vaccine to residents of Ontario five years of age and older who hold a valid Ontario Health Card (OHIP card).
®/™ Trademarks of Loblaws Inc. © 2014.

NEW RICH KID 'REALITY' SHOW IS ANYTHING BUT

SHE SAYS

Jessica Napier
metronews.ca

First came the Real Housewives; now come the wealthy daughters.

Television audiences seem to have an insatiable appetite when it comes to voyeuristic faux-reality shows about the lifestyles of the rich and desperate-to-be-famous. In Vancouver, local television producer Kevin Li is set to launch a new web-based reality series focused on the city's affluent Chinese-Canadian population. The name says it all, really: Ultra Rich Asian Girls of Vancouver.

This "reality" show (which certainly requires the use of air quotes around the word reality) claims to offer a glimpse into the excessive lives of some of the city's wealthiest residents. The YouTube promo features two minutes of beautiful young women preening themselves and gossiping to the camera about important issues such as plastic surgery and the unforgivable faux pas of bringing the wrong designer handbag to a front-row seat at a fashion show. The actual plot of the show is still a bit of a mystery, but rumour has it the stars will "compete in various shopping and lounging activities." I hate every part of this concept, but will likely watch out of morbid curiosity. The series is produced by HBIC.tv, which is an acronym that I'll assume refers to the Internet-famous phrase Hot Bitch In Charge. What these women are actually "in charge" of remains to be seen. Surely not their own bank accounts, which are likely controlled by their affluent parents.

And large numbers of ultra-rich immigrants moving to Vancouver could actually be a very interesting cultural phenomenon to focus the lens on, but you'd never know it from this show.

For years, Canada's controversial Immigrant Investor Programme (IIP) attracted an influx of foreign investors to the city, the vast majority from mainland China. The so-called cash-for-citizenship program was scrapped earlier this year, but the impact on the local economy could be long-lasting. Wealthy migrants have injected money into the local economy, but they've also helped drive up housing prices in the Lower Mainland region and made the area one of the most expensive real estate markets in the country, according to a recent Report on Business article entitled Vancouver's real estate boom: The rising price of "heaven." Vancouver is now the second-least affordable city in the world, according to a 2014 report from U.S. think tank Demographia, which some say is directly linked to the influx of wealthy immigrants. But you'd never glean that from watching highly fabricated shows such as Real Housewives and Ultra Rich Asian Girls, which focus instead on product placement for luxury wristwatches and inciting petty drama between the stars.

The upcoming web series has yet to debut, but will likely fizzle out. After all, how many hours can anyone spend watching young women flaunt their family money and cry over bad hair extensions? While it might be a fun escape to watch spoiled pretty young things burn through their fortunes, for most us, this is the furthest you could possibly get from reality.

Metro Bitstrips caption contest

Today's winner: Shannon McParlane

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here . Check out today's runners-up by scanning the cartoon with your Metro News app.

MetroTube

You'll never believe what happens next in this video about something or other

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen, we know the whole "the less we tell you about it, the better" is a hackneyed way to introduce things — but it's the only proper way for this video. Here are the basics, though: It's an 11-second display of highly honed marksmanship. Maybe.(YouTube/ umair kahn)

ISTOCK

Twitter

@metropicks asked: A family abandoned its new home after finding out it was infested with thousands of venomous spiders. What's the worst surprise you ever found in a purchase?

@speirsr: Purchased a home, found a momentary sense of self-worth, and... rodents aka FREE pets! Yay!!!

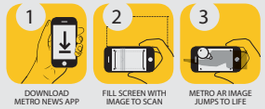
@AbeOudshoorn: The drop ceiling in our basement being full of used needles and other drug paraphernalia was...unfortunate.

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Scene, page 22 in Life and page 33 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



metro **Star Media Group President** John Cruickshank • **Vice President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Vice-President & Editor-in-Chief, Metro English Canada** Cathrin Bradbury • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

Game's up! It's not just play

Avatar Secrets.
A video game may be an unlikely place to uncover who you are, but that is where interactive producer Ramona Pringle began to change her life

Moving back to Toronto from New York to care for her ailing mother, and breaking up with her boyfriend, Pringle discovered the world of MMOGs (massively multiplayer online games). She created her own avatar, Tristanova, and through her online play made discoveries about the real world. With Avatar Secrets, a 10-episode documentary commissioned by TVO, Pringle tells her story, examining the online and real worlds and what she learned in both about love, life and relationships.

Over the next 10 days, we will be posting a daily chapter from Avatar Secrets online at metronews.ca/avatarsecrets. To get things started, we asked celebrated Canadian author Douglas Coupland to virtually interview Ramona about the project.

Obviously people are going to wonder how much of this is your own life. Which parts are the most — and which parts are the least — like your own life?
It's an interesting question. One of the big themes I was exploring is: what is real in our increasingly digitized, virtual, networked lives?

There are some moments from my experience in the game that are particularly poignant for me. When I signed up to play the game, I chose to be a healer, because I'm not interested in violent video games ... but for my first quest in the game, I had to hunt, and it was shocking to me how visceral the experience was.

The animation's terrific. Is that you?
It's me! We have this small amazing team that I think more closely resembles a band than a standard animation pipeline. Everyone is working in unison, and there isn't a single frame that everyone from our team hasn't influenced. ... My mom, Michaele Jordana, who is in the story, is also the project's creative director and brought to Avatar Secrets a wealth of experience as a fine artist, and a commitment to infusing this project with wonder. Olney, the animator, is one of my very best friends, and is also in the story. Mike, the illustrator, is in one of the scenes if you look closely!

Developing any app is usually very expensive. Did you have to overcome financial obstacles in the making of the project?
We are very fortunate to have support from a number of sources including TVO, our broadcast partner, and Ryerson University, where I am a professor. For the creative team, this was a labour of love. From the beginning, everyone got involved because it was more than just a job: the story is timely, the issues are relevant to our lives, and the whole team really believes in innovation and pushing the boundaries.

Games! Which ones do you play and which ones have a soft spot in your heart?
Avatar Secrets is based on my experience as a "noob" — an uninitiated player — in World of Warcraft. But the truth is...as much as I was playing to win, I was there as an explorer, a virtual tourist, a researcher.

I have tons of games on my phone and I still love classic board games and card games. Games — or rather play — have a new relevance and centrality to culture that they haven't had in the past.

Your project looks like it could be very addictive. Where do you see it going in the future, a few years down the line, say?
Avatar Secrets has been designed with layers of content ... there are multiple entry points. One person might choose to engage with the project chapter by chapter and explore all of the content. Another might choose to view the whole project in "movie mode," and then return to the experience and dig into the expert interviews and commentary.

As for what's next ... We are premiering in Canada, and will be launching in the U.S. and internationally. We're launching as an interactive documentary for the iPad, but we have plans to version the project for other platforms — from Android to television.

metro AR Ramona Pringle explores what online play taught her about the real world in the 10-part documentary Avatar Secrets. Scan this image with your Metro News app for a video of Pringle talking more about the series and why she hopes you enjoy it. CONTRIBUTED

Episode One: Change

metro AR

Hesitant at first about what she is getting into, Ramona creates her avatar, Tristanova — a healer — and soon discovers Avatar Secret number one. "The divide that we draw between the virtual and the real is illusory," says Jessica Hammer, a researcher at Columbia University. Scan this photo for a video of Hammer talking about digital games and why they seem strange to us.

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Watch the series

Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

- **Collector cards.** You can also download 10 collector cards from the series.

Playtime was never this fun
ENTER ONLINE TO WIN A SEX SHOW PRIZE BAG
VISIT clubmetro.com TO ENTER
THE EVERYTHING TO DO WITH SEX SHOW
OCTOBER 24 - 26, 2014 DIRECT ENERGY CENTRE
EVERYTHINGTODOWITHSEX.COM

RBC Royal Bank

LAST CHANCE! OFFER ENDS OCTOBER 31ST

Free iPad mini*

when you join RBC® and open a new all-inclusive banking account.

It's a big deal! Enjoy an RBC all-inclusive banking account, which includes access fee refunds when you use other banks' ATMs†, free *Interac*‡ e-Transfers – and get a free Apple iPad mini device! ***Act fast! This offer expires October 31, 2014.***

JOIN RBC TODAY! | **VISIT A BRANCH 1-866-719-2878 | rbc.com/getipadmini**

* Conditions apply. To get an iPad mini, you must be a new eligible personal client, open one of the eligible personal deposit accounts with RBC Royal Bank during the promotional period, and complete the criteria. Offer is not available to existing clients who had a Personal Banking Deposit Account with RBC Royal Bank before April 14, 2014. Offer available from April 14, 2014 to October 31, 2014 but may be changed, extended or withdrawn at any time without notice. Apple is not a sponsor of, nor a participant in this promotion. † For full details, visit www.rbc.com/termsandconditions. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s).

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Cannon erases his traces of Mariah

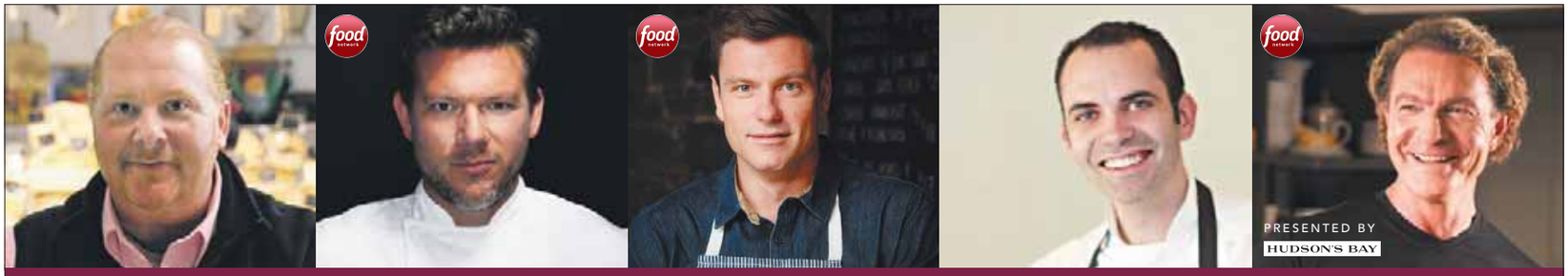
STARGAZING
Malene Arpe
scene@metronews.ca

Nick Cannon covers up his "Mariah" back tattoo with a hideous crucifixion/angel-wing mash-up. It symbolizes his religious faith and new beginnings and also serves as a constant reminder that tattooing someone's name across your back in massive letters is a sure way to end up with a hideous crucifixion/angel-wing mash-up.

This Week in Braids: 1) Willie Nelson's braids sold for $37,000 at auction. 2) One Direction's Harry Styles has started French-braiding his hair. 3) Swedish TV eliminates some very offensive language before rerunning the iconic Pippi Longstocking series.

It sounded like Mariah Carey was very angry when, while performing live in Japan, she changed the lyrics to an old song and sang "I know you cheated mother-bleeper." "Whatever," said Nick Cannon, "Angel-wing-Jesus-terror will protect me."

This Week in Television Announcements: 1) Everyone gets really excited when it's announced that Twin Peaks is returning. 2) John Cusack and Cameron Crowe get really upset when NBC announces a Say Anything TV show. 3) No one realizes Dallas is still on when it's announced the show has been cancelled.



MARIO BATALI TYLER FLORENCE CHUCK HUGHES DOMINIQUE ANSEL MARK McEWAN

OCT 17-19 2014

SPONSORED BY food network

DELICIOUS

DIRECT ENERGY CENTRE, EXHIBITION PLACE, TORONTO

ENTER FOR A CHANCE TO WIN THE SUB-ZERO WOLF DREAM KITCHEN! DELICIOUSFOODSHOW.COM/MYDREAMKITCHEN

NADIA G'S BITCHIN' AFTER PARTY
FRI OCT 17, 9PM-1AM AT GLADSTONE HOTEL
Tickets available exclusively at DeliciousFoodShow.com

PRESENTED BY La Hora Azul BLUE HOUR IN PARTNERSHIP WITH GLADSTONE Encore

FOR TICKETS AND INFORMATION: DELICIOUSFOODSHOW.COM

SPONSORS

food network ACE Pur Miller BROOKSIDE DARK CHOCOLATE La Hora Azul BLUE HOUR Strauss WATER SUB-ZERO WOLF yummy market

PARTNERS

All-Clad BIG Canadian Living Chef Works crocs DIVINE Encore Gladstone HUDSON'S BAY Indigo KitchenAid LAGOSTINA PARACHUTE TORONTO LIFE

FOOD NETWORK is a trademark of Television Food Network G.P.; used with permission.

PRODUCED BY informa canada

Gwyneth Paltrow ALL PHOTOS: GETTY IMAGES

Paltrow prickly over presidential party planning

In L.A., the telltale sign of a President Obama fundraising visit has always been Roland Emmerich movie-level terrible traffic, but now we have another one: Gwyneth Paltrow smoking. The Goop guru hosted a DNC fundraiser at her Brentwood home last week, and apparently "was extremely unpleasant all day," a miffed staffer tells Radar Online. "She kept saying that she was pissed off because everything was running behind schedule. At around 10 a.m., she started drinking wine and she was smoking cigarettes all day," the — just guessing here — former catering employee says, adding that any Paltrow run-ins only happened early in the day, before staff were instructed to steer clear. "She was walking around on her phone and talking really loud to friends, letting everyone know that the president was coming to her house, as if everyone didn't know already." This never would've happened at a Martha Stewart-hosted fundraiser.

Bynes back in L.A. for mental health help

Amanda Bynes

Amanda Bynes is back on the west coast and back in treatment. According to TMZ, the former All That star returned to L.A. over the weekend and has been admitted to the Las Encinas mental health facility in Pasadena. "Amanda agreed to come back to Los Angeles. Her parents are hopeful she will now get the help she needs," a source says. It is expected that her parents will return to court this week to request a reinstatement of their conservatorship, which expired in August.

WATCH **MURDER SHE WROTE** & **COLUMBO** AND **WIN A TRIP FOR 2** TO **"INVESTIGATE" AMERICA!**

Weekdays at **7 & 8PM** ET

Answer the daily case question and enter to **win a 4-night trip for 2 to Boston** from **Flight Centre**

visiontv.ca/investigateamerica

Rogers 60 + 237 | BellTV 261
or check your local listings

VISION ZOOMERTV
NEWS · MOVIES · MUSIC · FAITH

FLIGHT CENTRE®
The Airfare Experts

LIFE 3

Health care's digital evolution

Trends. These are five ways in which the face of medicine may change in the future

EVA KIS
Metro in New York City

As health care goes digital, it may become possible to do an ultrasound from the comfort of your own home. ISTOCK

The field of medicine is beginning to resemble Silicon Valley, says Unity Stokes, president of StartUp Health — an organization that provides coaching to startup health entrepreneurs.

"We believe that it's going to be the entrepreneurs, innovators, the doctopreneurs that are going to reinvent health care," he says.

Driving the rise of small companies in the medical field is the end of one-size-fits-all treatments.

"I think for many years, people have been binned into broad categories," says Stokes. "But now, new technologies are enabling us to really be treated as individuals, to understand your health on a personal level."

Digital assistants — apps, wearable gadgets and smart devices such as Vessyl — are loaded with more and more personal data, quantifying steps, heart rate and hours slept.

These technologies are giving people a more complete picture of their well-being — and changing doctors' role. Stokes gives us a preview of the trends in health care.

At-home diagnostics

"I think our concept of what a hospital is will completely change over the coming decade. You'll start to see a lot more care being done in your home. Imagine being able to do an ultrasound from your iPhone or your tablet right from the comfort of your own home, and then beam that image to your doctor," Stokes says, adding that accessing your health information should be as easy as getting a car with Uber.

Truly preventive medicine

"We're seeing the cost for consumer genomics come down," says Stokes.

Hundreds of medical issues have been tied to genetic abnormalities, and being able to understand your DNA and how it may impact the conditions you're at risk of developing can shape your behaviour, including whether you should seek testing sooner than the recommended age.

Looking inside for answers

Besides genome mapping, another important area of focus will be to decipher our personal microbiomes to "understand what's going on in the ecosystem inside of you," says Stokes.

Gut bacteria, whether they're absent or the wrong strain, have been tied to health issues including mood disorders and obesity. Scientists are looking at how food and sleep influence these colonies and the extent of their health effects.

Wearables are just the start

Health reflects lifestyle, and objective data on nutrition, sleep and exercise is crucial for an accurate profile.

"We're going to start to see health and wellness being integrated into every aspect of our lives, oftentimes in invisible ways, whether that's designed into your refrigerator, your car seat or your phone," says Stokes.

Better habits by design

Innovation is not always about making something new but rethinking what we're already using.

"(Engineers) can start with simple design: How is a refrigerator designed to make sure you eat the healthiest foods first? And then you can do all sorts of high-tech things: Put sensors in there to track what you're eating and how frequently, and correlate that with how you're feeling and how you're sleeping every day."

EARN UP TO $3000!
Are you a Healthy Person between 18 and 55 years of age?
If so we want to hear from you!

Apotex is currently recruiting healthy men and women to participate in studies on Pharmaceutical products.

REGISTER ONLINE AT WWW.APOTEX.CA or Call: 416-741-4256
Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $1000 to $3000 depending on the length of the study

APOTEX
ADVANCING GENERICS

FAMILY DOCTOR
CURRENTLY ACCEPTING
NEW PATIENTS
BY APPOINTMENT ONLY
MONDAY - FRIDAY 9-5
360 COLLEGE STREET SUITE 303
TORONTO | ONTARIO | M5T 1S6
416.792.5035

THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile
metro

Planning to retire, one step at a time

Four stages. Easing your way out of the workforce makes it easier to adapt to living on a reduced and fixed income

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Even a small part-time job can stretch a retirement budget. Earning as little as $200 or $300 extra a month can make all the difference in the world to a tight cash flow. ISTOCK

Frodo-inspired financial planning

I see retirement a little like the Hobbits see their meals — there are multiple stages and, if you don't plan for them, you won't be as happy as if you did.

Have you seen the Lord of the Rings movies? The Hobbits eat many meals a day: breakfast, second breakfast, elevenses, luncheon, afternoon tea, dinner and supper.

I see retirement a little like the Hobbits see their meals — there are multiple stages and, if you don't plan for them, you won't be as happy as if you did.

(BTW, if you have parents and haven't had this discussion with them, this is the week you talk about their plans for the future.)

First Retirement is when you leave the job you've been dying to leave so you can do what you really, really want.

For many people, the idea of taking off one worker-hat and putting on another is as good as retirement.

Having locked in your pension or paid off your house, you're ready for a new adventure.

There may be a reduction in income as you follow your bliss. Or First Retirement may open up sources of income you never would have imagined.

The key to being prepared for First Retirement is to have a plan to deal with the reduction in income most people will experience as they wave goodbye to that regular paycheque. If you're on a pension, you may receive 55 to 70 per cent of your old take-home pay, give or take.

If you're funding your own retirement, you'll need to make sure the money lasts as long as you do.

Make a new budget that fits your smaller income and look at the must-haves and nice-to-haves with a cold, rational eye. Having all your consumer debt paid off and being mortgage-free will go a long way to making your first stage of retirement fun instead of stressful.

Second Retirement or semi-retirement holds a lot of hope for some folks.

Being able to cut back on their work hours, take jobs where they can work-share, or switch to part-time hours means having more time for family, friends and themselves.

It usually means less money, too, and it's the stage at which you'd be wise to practise living as if you're fully retired. The more used you are to living on your fixed income, the better the next stage will be.

You'll also want to make sure you've got your big expenses — think new car, home renovations to accommodate aging, and the like — out of the way.

If retirement came as a surprise — you were laid off before you planned to leave work or you became ill and had to cut back — know that even a small part-time job can stretch a retirement budget. Earning as little as $200 or $300 extra a month can make all the difference in the world to a tight cash flow.

Also, get all the discounts you're entitled to so you spend less. Now that you have more time, you can shop around for the best deal, clip and use coupons, and take advantage of the free activities offered in your community.

Third Retirement is your first stab at full retirement.

Now you're not working at all. You've got your pension, some savings, and lots of time on your hands. You're still relatively healthy and active.

If you're smart, you used your second retirement to practise what you'd do at this stage and you're ready for all that extra time.

You've also had some practice economizing. Stuff's not as important, but travel may be, as you seek to connect with friends and family.

You'll also want to start thinking about things such as long-term care and retirement residences for the next stage. Are you going to stay in your home or will you downsize to get your hands on some of that equity you've built up?

Have you reviewed your investments to make sure you're comfortable with the level of risk to which you're exposed? (Keep in mind that women who inherit their husbands' investment portfolios don't necessarily have the same investment risk profile, and so changes may need to be made.)

Have you updated your will and powers of attorney? The devil is in the details and it's time to deal with those details now.

It's also time to put in place the support system you'll need as you move into Fourth Retirement.

Fourth Retirement is when you move from your go-go stage to your slow-go stage. Less able to get around, you're less active but more worried about your health and whether the money will last.

Hopefully, in Third Retirement, you put the pieces in place to be sure you had the help you need with your medical care and dealing with financial issues. It takes a bit of planning if you want the final phase to be comfortable.

In my neighbourhood, there are many folks who have been living on the same street for the past 20 years, through their Third Retirement.

They have all signed up for the same retirement residence. They plan to take their neighbourhood with them to their Fourth Retirement. Smart!

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

You'll love the extra 0.25% we've added to *all* our GIC rates

Available to *all* customers until November 7, 2014, for the entire term.

To find out more about some of the highest savings rates in Canada, call **1-844-218-0115** or visit **oaken.com**

Oaken™ FINANCIAL

Plant for your future™

Rates are correct as at October 14, 2014, and subject to change. The additional 0.25% rate applies to all GICs booked between October 6 and November 7, 2014. The 1 Year, 18 Month and 5 Year GICs are non-redeemable, interest is paid annually or compounded annually and paid at maturity, minimum deposit $1,000. †CDIC coverage up to applicable limits.

145 King Street West, Suite 2500, Toronto ON M5H 1J8

OakenFinancial @oakenfinancial

Oaken Financial is a trademark of Home Trust, member of CDIC

You say potato, we say make sure it's stuffed with a hearty filling

Health Solutions

There is no one-size-fits-all potato

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Potatoes get a raw deal. They are a delicious and nourishing vegetable, and yet they get lumped in with all the "bad carbs."

Loaded with potassium and fibre, among other key stress-fighting nutrients, they also contain lysine, which is an important amino acid missing from many grains — and therefore missing from some vegetarian diets.

Different potato varieties behave differently with each cooking method, so I went to the expert, Trevor Downey, a fourth-generation potato farmer from Ontario and the president of Downey Farms and Bistro Fresh, to find out what's what.

"Methods of cooking make proteins and starches behave differently; some need dry heat, others water," he says. "Some are made to fall apart into a creamy mash, others you want to hold together in a pot of water. The right potato looks lovely and has just the right push back against the fork when roasted in the oven."

Here is your cheat sheet:

- Yukon Gold is best for mashing.
- Small red potatoes are excellent for roasting.
- Russet potatoes are the only answer for baking.
- White potatoes are the most firm for boiling.

Using the right potato for the right job makes your job easier. There is no one-size-fits-all potato, but they all have more potassium and much less sugar than that banana you keep hearing about. No need to be afraid of potatoes anymore.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Chili Stuffed Baked Russet Potato. As the temperatures begin to dip a little bit, warm up with this filling dish

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

Nothing says hearty fall meal like baked potatoes and chili. This version is lean, filling and perfect for a weeknight meal .

Both parts can be made ahead and stored in the fridge for up to five days, which makes it perfect for doubling and therefore making it your "eat in front of the game" meal. A simple microwave warming and mixing together is all you will need ... plus a cold beer.

Ingredients

- 4 small russet potatoes
- 1 tsp extra virgin olive oil
- 1 onion, chopped
- 1/2 lb ground turkey
- 1 tbsp chili powder
- 1 teaspoon cumin
- 2 cups tomato sauce
- 1 can kidney beans, drained
- 4 oz blue cheese, crumbled

metro AR This recipe takes about 30 minutes to make and serves four. Scan this picture using your Metro News app to see a video of Theresa learning all about the wide range of potatoes and which ones are best suited for your favourite dishes. THERESA ALBERT

1. Scrub potatoes and poke with a knife in four places.

2. Place on tin foil-lined baking sheet and then place into a 400 F oven for 30 minutes. (If the potatoes are larger, you may need to cook them longer.)

3. In pot, brown onion in oil and stir in ground turkey. Cook 10 minutes, stir in chili powder, cumin and tomato sauce. Cover and cook chili 10 minutes and then stir in kidney beans.

4. When potatoes soft, take out of the oven and allow to cool slightly then cut a crosswise slit in the centre of each one and squeeze the sides. Top each potato with chili and blue cheese. Serve with a salad.

START SWEET AT PANERA

From bagels to pastries, muffins to cinnamon rolls, we fill our shelves with great-tasting, freshly baked goods every morning just to make your day a little sweeter. And when you purchase a baked good, you get a medium coffee on the house.

Panera BREAD®

FREE MEDIUM COFFEE
WITH PURCHASE OF BAKED GOOD

Offer expires 10/28/14. Excludes cappuccino, espresso drinks and iced coffee. Valid only at participating Panera Bread bakery-cafes located in Ontario, Canada. While supplies last. Limit one coupon per person per visit per day. Must present coupon when ordering. Not valid with any other coupon or offer. Void if modified, copied, reproduced, transferred, purchased, traded or sold. Applicable taxes paid by bearer. Cash redemption value 1/20 of one cent. Offer may expire without notice due to error, fraud or other unforeseen circumstances.
©2014 Panera Bread. All Rights Reserved. PCAN

©2014 Panera Bread St. Louis MO 63127. All Rights Reserved.

When did the washroom become the water cooler?

Everyone deserves a hassle-free haven when answering nature's call. ISTOCK

Dear Metro,
I have a co-worker who uses the women's washroom as her personal spa. It seems like every time I go in there, she's in there too — fixing her makeup, talking on her phone, or just hanging out. Sometimes she even starts conversations with me while I'm in the stall. I don't want to be rude, but a little privacy would be nice. How can I get some alone time?
— Let Me Pee

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear LMP,
This sounds like a clash of comfort zones. You want solitude; she wants girl time. You want to urinate; she wants to congregate. It's a tricky one: Your office bathroom is a public space, after all. And while many of your colleagues may be cool with on-the-can chit-chat, it's fair if you're not.

If the whole topic makes you shy, scout alternate facilities. Are these the only stalls in your workplace?

Maybe there's a secluded bathroom on another floor where you can sneak off for an audience-free pee. A low-traffic toilet in close proximity would be a convenient fix.

And check your timing. Presumably this person does not, in fact, spend all day listening to her colleagues' bodily functions, but rather has a desk, a computer and work to do.

If she's within your line of sight, schedule your personal business when she's in her chair doing actual business.

The issue might not be that she lingers, but that your bladders are too much in sync. In that case, there's an easy way to avoid the mid-whiz catch-ups: just wait a bit.

Speaking to her — once you've re-zipped — is a more direct way to go. You can't tell her to get out, but you can let her know that you'd rather not discuss tomorrow's meeting while you're offloading this morning's coffee. This doesn't have to be tense.

Just say you need a sec, and will talk once you're finished. You could even turn it into a joke: Tell her your task requires fierce, unbroken concentration. Since she feels comfortable engaging you at such a sensitive moment, she likely considers you a friend. Which means she should be receptive to your concerns.

And if not, get aggressive: Drop your own stink bomb and flush her out of there. Then you'll get the place to yourself.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

In 1 year become a
✓PARALEGAL (LSUC Accredited)
EVENING CLASSES BEGIN OCT. 27TH!
Ask About Our No Risk Trial Offer
Why Choose Herzing College?
· 93% Employment Rate for 2013
· Educating students in Toronto since 1968
· Internship with every diploma program
· Excellent full-time Career Development Department
· Instructors with industry experience
· Program includes field trips and guest speakers
· Presentation Centre for Student mock trials
· Ministry Approved for Second Career Funding
· Conveniently located in the Toronto Eaton Centre
· Student Loans & Grants available if you qualify
· No classes on Fridays!
Join us on facebook.com/herzingtoronto
Contact Herzing College today!
Check out our student testimonials on youtube!
HERZING COLLEGE 1-800-NEW CAREER 1-800-639-2273
Herzing.ca/Toronto | infotoronto@herzing.edu

GET YOUR CAREER STARTED
Scan here for opportunities
Construction Electrical Mechanical Estimator
Construction & Maintenance Electrician
Appliance Service Technician
Construction Office Manager
Network Cabling Technician
HVAC Technician
Gas Technician
Carpentry
Plumbing
Call Now to Register
1-800-728-0137
or visit
www.trades4u.ca
Not all programs available at all campuses
Pre-Apprenticeship Training Institute
Financial assistance may be available for those who qualify

INSTITUT TREBAS INSTITUTE
Entertainment Management Program
CAREER TRAINING SINCE 1979
Work Hard
The Talent Manager
Play Hard
trebas.com | (416) 966-3066 | At Dundas West Subway

Can we work with what he's got under his sleeve?

Ink on the agenda. As more workers get tattoos, some companies are easing their rules around visible body art

When Rob Dale decided to wear a short-sleeved dress shirt on a warm fall day, his choice of clothing didn't cross his mind until he arrived at a business breakfast event — and then he suddenly felt uncomfortable.

"I was conscious of the fact that my arms were covered in tattoos," recalled the Ottawa-based Dale.

"You didn't see any other tattoos. Most people were in some form of semi-casual business attire."

Dale had recently finished training to become a business coach and was attending a monthly breakfast hosted by the Orleans Chamber of Commerce.

"I was a new face in a room of about 80 owners ... With all of these tattoos, (I) felt quite like I was standing out."

As it turns out, Dale's inked arms were a point of interest for a tattooed gym owner, with whom he booked a meeting.

"He said, 'Well, actually, to be honest with you, the reason I decided to sit down with you is because I saw the tattoos and I knew you wouldn't be the normal, kind of clichéd business coach. I knew that there would be something unique about you.'

"And so in his case, it opened that door to having that conversation about coaching and all of that."

Dale, 47, said he has never had anyone tell him that they have an issue with, or are uncomfortable with, his tattoos.

"When I'm coaching a client and I'm meeting with them regularly ... they see such value in the coaching, the personality is what has connected us in that environment," he said.

"When I go in a short-sleeved shirt ... it's not even brought up. Or somebody will say, 'I didn't know you have tattoos. Don't they ever look great,' and ask me about them."

Still, Dale has made a conscious choice when meeting a prospect for the first time to wear a dress shirt and jacket — thus keeping them covered.

"I typically will do that with people, not because I think they'll have an issue with it, because 99 per cent of the time my experience has been that people don't really care," Dale said.

"But often times, first impressions go a long way, and I'm trying to establish trust. I just don't want it to be a hindrance."

A colourful crew

"Visible tattoos are ubiquitous these days, and there's an enormous part of the population — especially the younger population — who you are arbitrarily deciding you can't hire. And that's a great way to miss out on potential talent."

Danny Kastner
Lawyer specializing in employment, labour and human rights law

Business coach Rob Dale says that in some professional situations, his tattoos have helped him more than they've hindered him. SEAN KILPATRICK / THE CANADIAN PRESS

As individuals from all walks of life get inked on conspicuous parts of their bodies, some companies are loosening the reins when it comes to workers keeping

triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE
Job Success Starts Here!
• Business
• Technology
• Healthcare
• Law
• Supply Chain
LEARN MORE TODAY!
1-866-918-7634
careerin1.com
BEST MANAGED COMPANIES
Financial assistance may be available for those who qualify.
Internships available for most programs! Contact us for details.
Not all programs are available at all triOS locations.
HAMILTON | MISSISSAUGA | BRAMPTON | TORONTO | SCARBOROUGH | OSHAWA

Be Job Ready In 5 - 12 Months!
Financial Assistance May be Available to Those Who Qualify.
Second Career Training Funding Available to Those Who Qualify.
The government provides qualified candidates with education funding to train them for a better career. The grant can be up to $28,000 and covers tuition, book fees, transportation and some living allowance. Call us now to see if you qualify!
Healthcare
• Personal Support Worker*
• Medical Office Assistant*
• Medical Office Assistant with Health Unit Coordinator Specialty*
• Community Service Worker*
*with Internship
Law
• Paralegal* Accredited by LSUC
• Law Clerk*
• Immigration Consultant* Accredited by ICCRC
*with Internship
Information Technology
• Network Administrator
• PC Support Specialist
• Computer Service Technician
Accounting & Business
• Accounting and Payroll
• Business Administration
• Project Administrator
• Administrative Assistant
• Computerized Accounting
We Speak Your Language - Career Consultation Provided In: English, Français, हिंदी, मराठी, ગુજરાતી, Español, Portugues, 国语和粤语, română, русский & فارسي
FREE English Classes
Academy of Learning College
Bay/Bloor Campus
416-840-3376
416-969-8845
WWW.AOLTORONTO.COM
INFO@AOLTORONTO.COM
Downtown Toronto (Bay/Bloor)
1255 Bay Street • Suite 600
Toronto, ON • M5R 2A9

tattoos under wraps.

Hilary Predy, an associate vice-president with recruitment agency Adecco, said some organizations are being a "little more liberal" about accepting minor facial piercings, but many companies still have policies surrounding visible tattoos.

"We suggest that until you know what the acceptable standard is within that company, particularly for your interview, go with them covered. When you can see what's acceptable with other employees, you'll be able to judge what you'll be able to reveal. But for your first impression, you may want to be neutral," Predy said from Edmonton.

Ultimately, Predy said people should be hired according to what they bring to the company, based on their skills and experience.

"It is a partnership between the employee and the employer to find a median ground that is acceptable for both."

Danny Kastner, a lawyer who specializes in employment, labour and human rights law at Toronto firm Turnpenny Milne, said he'd advise companies against creating policies surrounding visible tattoos for a few reasons — the first being the potential screening out of "a whole host" of qualified candidates.

"Visible tattoos are ubiquitous these days, and there's an enormous part of the population — especially the younger population — who you are arbitrarily deciding you can't hire.

"And that's a great way to miss out on potential talent," he said.

"It may well have been the case ... that 25 years ago, having someone with a visible and unusual piercing would scare off potential customers in a retail business, for example.

"That's simply not the case anymore. And therefore what the company would be doing is unnecessarily limiting its talent pool, unnecessarily causing potential conflict with current employees all in pursuit of a policy that is extremely unlikely to actually advance its own business interests."

THE CANADIAN PRESS

I'll take my Tims with some tats

Tim Hortons recently announced a revision to its dress-code policy to allow employees to have "visible, non-offensive tattoos" at the discretion of management.

- The move came after research started in the spring of 2013 to get a sense of workers' values and thoughts about the company.
- Focus groups were conducted with employees in Canada and the U.S., in addition to interviews with restaurant managers and owners, said Stephanie Hardman, vice-president of organizational development and Team Tim Hortons.
- "We got a lot of messaging about upping our cool factor. We got things that said, 'Let's allow for some self-expression.' Our owners said: 'We want to be sure we're attracting from the greatest pool of applicants that we can, so that we can, in fact, attract the best to serve our guests that we possibly can. And one of those constraints we felt was our policy on tattoos," Hardman said.
- "I think it was seen as something that could potentially offend ... the guests. But what we're seeing is it's much more mainstream now, especially with youth, and that's certainly a huge demographic for us," said Hardman, adding that 45 per cent of their current workforce is under 24.

metro

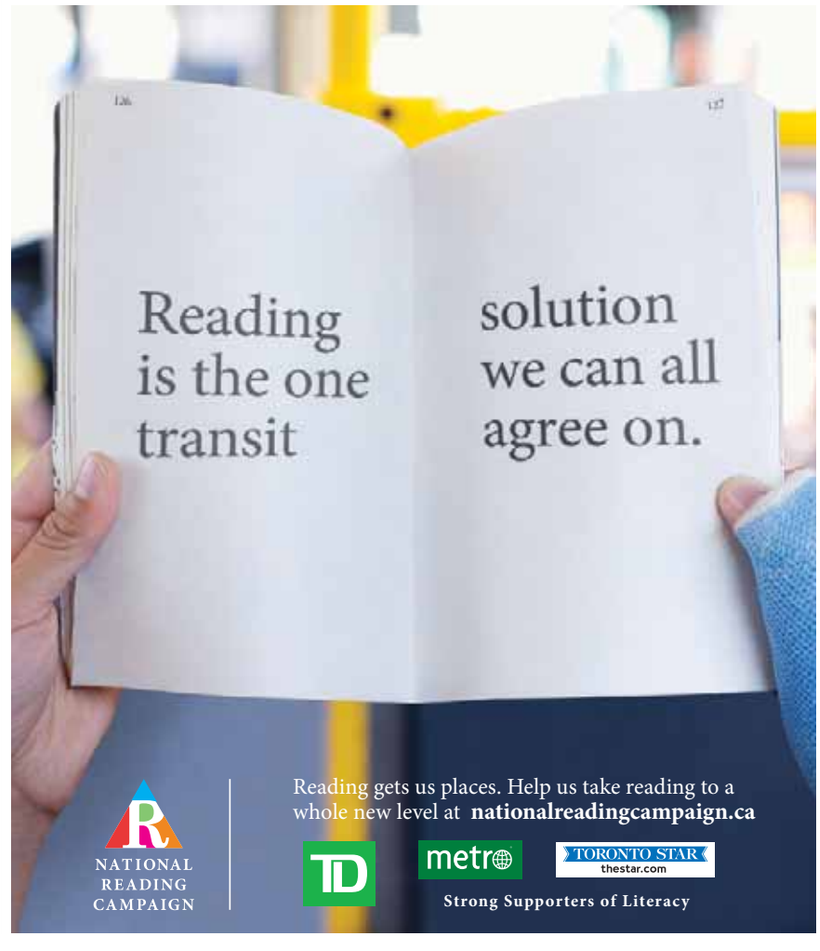
HUNGRY FOR ELECTION DAY?

We are serving up the Metro Burger Poll in partnership with The Lakeview Restaurant. From **Sept. 15 to Oct. 20** choose your favourite burger based on each of the mayoral candidates and share your photo on instagram using #mayorthisburger.

Will the top burger become Toronto's next mayor?
Keep up-to-date with the Burger Poll @ metronews.ca/burgerpoll

metro LAKEVIEW Burger Poll

Check out the **Metro Burger Poll @ The Lakeview Restaurant** located on Dundas just east of Ossington.



NATIONAL READING CAMPAIGN

Reading gets us places. Help us take reading to a whole new level at **nationalreadingcampaign.ca**

TD metro TORONTO STAR thestar.com

Strong Supporters of Literacy

LEARNING CURVE

Midterm madness

Determine your study style and tailor your learning around that

SHUTTERSTOCK

While the ideal time to start studying for midterms was when the semester started, for those who haven't quite kept up that pace, the key is to break study sessions into chunks, as opposed to doing a giant cram session.

It's important to be strategic when studying, so before cracking open a textbook, find out exactly what the midterm covers. For example, if the professor says it's the first three chapters of the textbook, dig deeper. Ask the professor if it's the entire three chapters, the case studies or something else.

"The more precise students can be, the more accurate their studying will be, so they won't waste time," says Mebbie Bell, learning resources facilitator with the University of Alberta's Student Success Centre.

Ideally, a study session for a particular subject shouldn't last any longer than two to three hours. Depending on what works best for the individual, throwing in some short breaks is probably a good idea.

How a student goes about studying should be tailored to their learning style, be it visual, auditory or kinesthetic. The problem is, many students don't know what their learning style is, but most institutions have a solution.

"There are so many supports and resources at all colleges and universities," says Diana McIntyre, the co-ordinator of the Student Academic Success Initiative at George Brown College in Toronto.

Most institutions offer study tip seminars and one-on-one support to students to help them figure out their most effective studying methods and learning styles.

For example, visual learners typically learn well when using pictures, graphs and diagrams. Auditory learners like listening to recordings and discussing subject matter. Kinesthetic learners typically like making notes, highlighting material and creating activities to help process information.

"THERE ARE SO MANY SUPPORTS AND RESOURCES AT ALL COLLEGES AND UNIVERSITIES."

– Diana McIntyre, the co-ordinator of the Student Academic Success Initiative at George Brown College

Try to use a mixture of the above methods when studying.

"Students learn best if they can learn the material in a few different ways," says Jillian Rankin, a counsellor at Mount Saint Vincent University in Halifax.

For the studying to be effective, students also need to eat well, exercise, get a good amount of sleep and make time for social pursuits. This will allow them to better remember information and they won't feel as overwhelmed by the pressures of midterms.

Also, stick to regular routines. Research has found getting up a little early or staying up later to study has a negative impact on exam performance.

"Your brain loves predictability," Bell says.

– Richard Woodbury

health | YORK UNIVERSITÉ UNIVERSITY

YOUR CAREER IN HEALTH STARTS AT YORK

With more programs and course selections, certificates and field placements, YorkU Health grads are landing jobs and going to medical and other professional schools.

Kinesiology & Health Science

Psychology

Global Health

Nursing

Health Policy & Management

health.yorku.ca

Elizabeth Fung
Kinesiology & Health Science

Currently at an Ontario Medical School

Jennifer Catton
Health Studies (Management)

Project Manager
Cancer Care Ontario

Husein Ali
Psychology

Abilities Case Manager
Sun Life Financial

Anushika Jeyakumar
Nursing

Registered Nurse
Credit Valley Hospital

2014 ONTARIO COLLEGE INFORMATION FAIR

Monday, October 20, 2014 5pm - 9pm
Tuesday, October 21, 2014 10am - 3pm

Direct Energy Centre
100 Princes' Blvd | Hall-B Exhibition Place | Toronto

FREE ADMISSION

26 COLLEGES, ONE LOCATION

Looking to further your education or start a new career?

- Speak one-on-one with faculty, staff and students.
- Attend workshops on financial aid, college degrees and applying to college.
- Learn about educational pathways between colleges and universities.

COLLEGES ATTENDING:

Centennial
George Brown
Humber

Algonquin
Boréal
Cambrian
Canadore
Conestoga
Confederation
Durham
Fanshawe
Fleming
Georgian
La Cité

Michener
Seneca
Sheridan

Lambton
Loyalist
Mohawk
Niagara
Northern
Sault
St. Clair
St. Lawrence
University of Guelph Ridgetown Campus

PLATINUM SPONSORS:

CPA CHARTERED PROFESSIONAL ACCOUNTANTS ONTARIO

ONTARIO COLLEGES .CA

STUDY NORTH

OCIF.CA

/COLLEGEFAIR

#OCIF2014

Extending the student experience

Social media makes it easier to get info about schools

CONTRIBUTED

Getting information about prospective colleges and universities has drastically changed over the past few years.

It is no longer about requesting course calendars or taking lengthy and expensive trips to visit each school. Now it's as easy as connecting to social media.

"Over the past few years, social media has really extended the reach of post-secondary institutions in several ways," says Dave Scott, manager, liaison and recruitment, George Brown College. "It gives schools and prospective students the ability to interact in a meaningful way to help a student with their post-secondary decision."

Not only does social media connect students with particular institutions, but it can also be used to connect with potential instructors and current students. They can see photos and videos from campus events, classroom experiences, ask questions and get answers from other students and staff.

"This has effectively extended the student experience beyond the campus, and prospective students can witness student life year round," Scott says. "It's not just limited to a single campus visit."

Through his work at George Brown College, Scott has a few recommendations for future students when it comes to beginning their college searches.

"First, take the time to understand your passions and skills and how those can potentially translate into a career. There are many tools online that match skills and interests to careers."

He says once you have a career in mind, a student needs to research post-secondary programs that can potentially lead to a career.

"Do your online research before campus tours or information fairs so when you meet faculty or staff, you are prepared to collect the information you need to make your decision," Scott says. "For many, it is very difficult to organize the time to get to information fairs or open houses so don't waste the opportunity."

To start your research on George Brown College, visit georgebrown.ca.

GET TO KNOW YOUR SCHOOL

While the use of smartphones and social media make college research much more convenient, there is no substitution for person-to-person interaction to understand the environment that a student will experience at school. Some of these opportunities to interact include campus tours, open houses and information fairs.

COLLEGES PROVIDE FLEXIBILITY

CONTRIBUTED

The changing face of the student population attending college has schools in Ontario appealing to a new demographic.

"There has been a significant increase in the number of students pursuing combinations of both college and university education," says Rob Savage, director of communications, Colleges Ontario. "In fact, the number of university graduates enrolled in college programs has increased more than 40 per cent over five years."

It is no longer mainly high school students coming straight out of school to attend college — these students only make up about 40 per cent of the current college population.

"It is becoming more common for university graduates to go to college to prepare them for specific fields," Savage says.

More colleges are also seeing an increase in mature students and individuals who may be looking to improve professional skills or change careers.

"The new economy is creating demands for more highly qualified people, who have professional and technical skills when they enter the workforce," Savage says. "Many students are looking to enhance their post-secondary education by pursuing career-specific programs as part of their studies."

Programs at Ontario's colleges are career-focused and provide students with the qualifications and advanced skills to help them find meaningful careers.

As well, the province has taken steps to help university and college students transfer to other post-secondary institutions, such as helping students get more information about transferring completed post-secondary credits.

The flexible range of credentials offered through colleges includes one-year certificates to degrees.

Savage says the provincial government should help colleges meet the growing demand for graduates with degree credentials and career-specific qualifications by expanding the range of degree programs at colleges.

"Ontario must continue to take steps to encourage more students to pursue college education," Savage says. He adds that, currently, most college programs are diploma and certificate programs, and degrees are only offered for four-year programs.

"Colleges should be allowed to start offering three-year degrees and expand their range of four-year degree programs," he says.

ATTEND A FREE INFORMATION FAIR

The Ontario College Information Fair is your one-stop shop for checking out the best of what Ontario public colleges have to offer.

All 26 Ontario colleges, including George Brown College, participate in the fair, which is the largest college recruitment fair in the province.

This event is not just for high school students and their parents — it is open to anyone who is interested in college, whether they are university students/grads, existing college students/grads, or whether they are working and thinking about a new career.

The Ontario College Information Fair takes place at the Direct Energy Centre — Hall B, Exhibition Place, on Oct. 20, from 5-9 p.m., and Oct. 21 from 10 a.m. to 3 p.m.

For more information about this free event, visit ocif.ca.

CONTRIBUTE NOW WITH SHERIDAN

GRADS ARE READY FOR THE WORKPLACE

CONTRIBUTED

Simply put, the architectural technician and technology program at Sheridan teaches students how to build buildings.

Although the idea may seem simple, the process involves well-trained professionals who are currently in demand.

"The construction sector is incredibly strong, government-funded infrastructure projects are continuing over the next few years, and the design professionals need assistance to get their projects from the ideas table to the construction stage," says Christopher Ferguson, program co-ordinator and professor, Sheridan College. "Our graduates are practice-ready, can walk into a given project scenario and contribute right away."

This program is a seminal pathway into practical architectural education.

The emphasis is the techniques of architectural design: Structure; building science; management; legal issues (Ontario Building Code, municipal law, etc.); computer-aided drafting (CAD); and building information modelling (BIM). There is also a special focus on sustainability, LEED issues (Leadership in Energy and Environmental Design), emerging green technologies, and heritage conservation.

"We teach incredibly current topics because of our close engagement with industry partners and faculty with recent or ongoing practice experience," Ferguson says. "We know what is happening in trends regarding sustainability and energy efficiency — students learn this."

Students not only learn how to exhibit design skill, but also how to describe verbally, in written form, and in drawing form, the proper methodology to have a building constructed.

While there are many other architecture programs in Ontario, Sheridan College offers the creative campus — a unique campus-wide initiative that sets it apart.

"We root our programs, courses and teaching style to common threads of creativity through innovation, innovation through student engagement, and engagement by teaching excellence," Ferguson says.

The program is continually updated through the experienced faculty and regular curriculum review process.

For more, visit sheridancollege.ca.

JANUARY INTAKE

Applications for the January 2015 intake of the architectural technician and technology program are now being accepted.

This diploma program is two years in length (three years with co-op).

Program graduates have found work in fields such as design and drafting, construction supervision, estimating, project management, software development, web design, and many more.

Jennifer Catton. CONTRIBUTED

York U profs inspire health grad's success

Instilled 'motivation to make a difference'

Within four months after graduating from York University's health management program in 2010, Jennifer Catton started as a business analyst with the department of medical imaging, which spans University Health Network, Mount Sinai Hospital and Women's College Hospital.

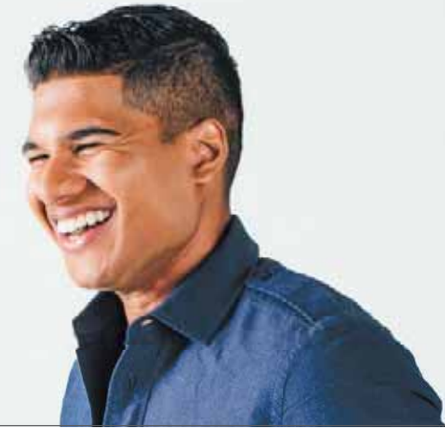
She was part of a team that applied Lean Six-Sigma methodology to reduce patient wait times at MRI departments, ultimately saving $2.5 million each year by increasing patient capacity with existing resources. She later moved on to a position within the same department as a senior analyst, where she was responsible for developing the department's strategic plan.

Today, Catton is a project manager with the cancer screening program at Cancer Care Ontario, where she leads projects to improve the effectiveness and efficiency of operational processes, as well as leading initiatives to advance Ontario's cancer screening programs towards person-centred care.

"I continue to use the foundational knowledge and skills I learned in the health management program at York University," Catton says.

"Each professor brought the course material to life through expertise and a passion for the subject matter. They not only gave me the skills and tools I needed to succeed, but also instilled within me a strong motivation to make a difference."

FOUND:
The will to restart.
A place to grow roots.



See Eric's story at
becauseitmatters.ca

Seneca
Because it matters.

SUCCEED WITH SENECA COLLEGE

Alysia Harji knew she wanted a career in marketing at age 14. For the recent graduate of Seneca's business administration-marketing advanced diploma program, it was clear early on that the path to her goal would first go through Seneca.

"I knew that Seneca would give me the hands-on experience employers were looking for," Harji says. "Seneca teaches you the important practical skills you need — not just the theory, but how to apply it."

Unlike Harji, who had a plan early on, Andor Salga had always found learning to be a challenge. Having dropped out of high school, he eventually enrolled as a mature student in Seneca's computer programming and analysis advanced diploma program where he found a new love of learning.

"It was like I was leaving the old me behind," Salga says.

While at Seneca, Salga worked on several prominent research projects in the Centre for the Development of Open Technology. He went on to graduate from Seneca's software development degree program.

"My passion has always been to become a game developer," Salga says. "Seneca gave me the foundation I needed to land a job in my dream industry."

With quality programs, excellent professors and flexible learning opportunities, Seneca challenges students and provides them with the knowledge, experience and confidence to succeed.

For more, visit senecacollege.ca.

Andor Salga. CONTRIBUTED

SHUTTERSTOCK

Working while you learn can provide valuable lessons

You can learn valuable lessons while attending school and working a part-time job.

STRONG WORK ETHIC

Whether you are babysitting or bartending, you should always put 100 per cent into your performance. "You never know whom you will meet in the course of doing your job and who may play a role in your future," says Connie Clace, a certified professional coach and the owner of Connie's Career Coaching Services in Mount Uniacke, N.S.

ENHANCED COMMUNICATION

Effective communication skills can benefit you in all aspects of your life, and each job will help develop these skills. "You can see how your communication skills affect those you deal with," Clace says.

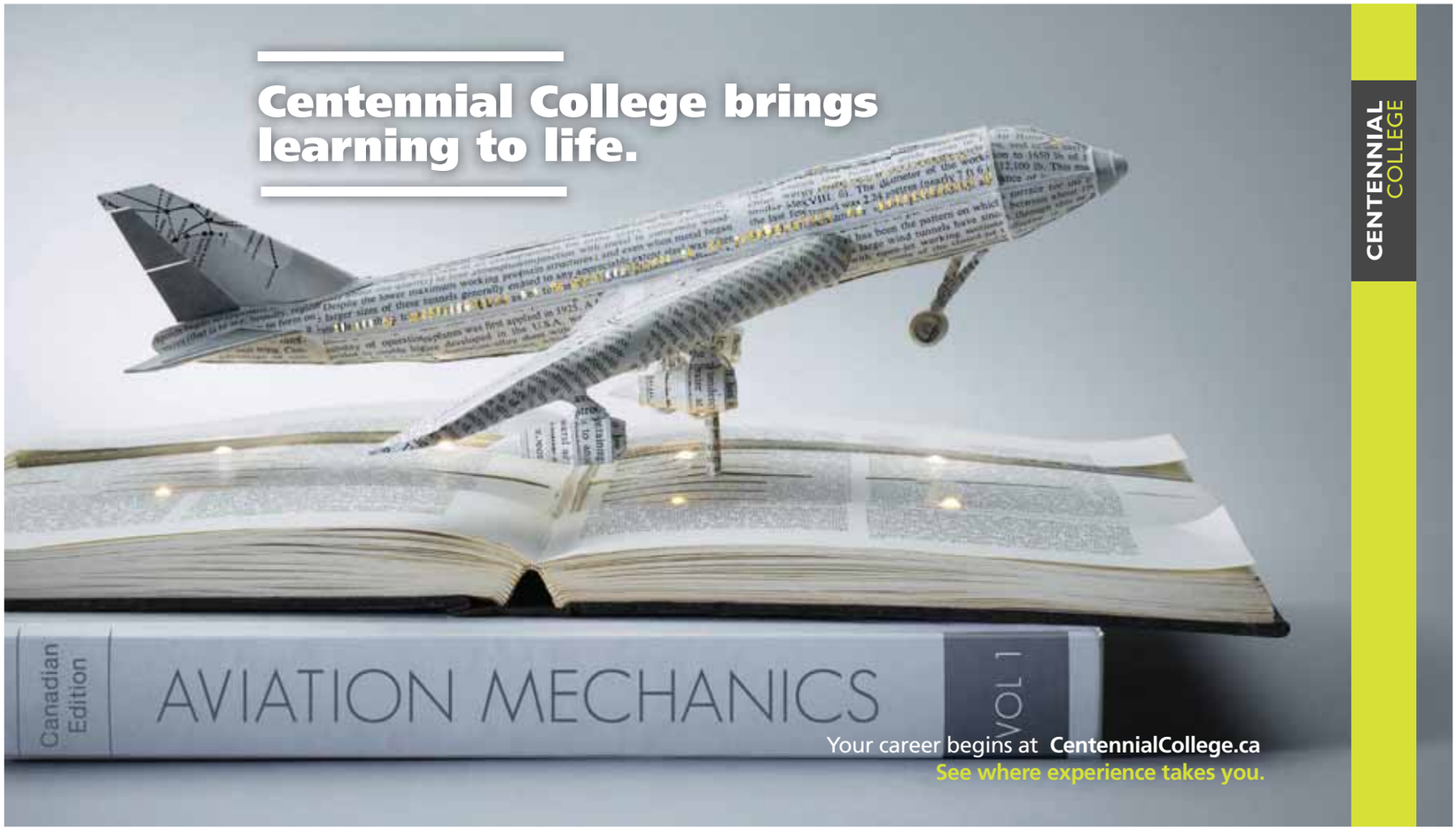
CONFLICT RESOLUTION

At some point, every job will present some sort of conflict. It's important to handle those tense times with professionalism and respect. "Dealing with minor conflicts in your (seasonal) job can provide you with the skills to deal with major conflicts in a career position," Clace says.

IDENTIFYING STRENGTHS AND WEAKNESSES

You will learn where you thrive and where you don't. "I had one job where I did vacation relief in an office, including filing, bookkeeping and reception," Clace says. "I hated answering the phones, so I ensured that I didn't choose a career where my primary function would be receptionist duties."

– Jane Doucet



Rob Rainford. CONTRIBUTED

A RECIPE FOR SUCCESS

CENTENNIAL COLLEGE ADDS CHEF ROB RAINFORD TO ITS MENU OF INSTRUCTORS

Centennial College has added a new celebrity chef to its menu of instructors and is cooking up some excitement in the Culinary Arts Centre this fall.

Chef Rob Rainford — from the Food Network's Licence to Grill and Recipe to Riches TV shows — has joined Centennial as one of the culinary instructors.

"This is a brand new opportunity for all of us to put an imprint on a program that has had no imprint before," says Rainford, culinary ambassador and instructor at Centennial College.

Rainford will be working alongside students in a real working kitchen environment with real customers while teaching the skills needed to be successful in the food industry.

Rainford has been teaching the culinary arts since 2002 and is excited to be joining the Centennial team.

"My passion is to teach what I do as a skill and trade to anyone who wants to learn it," Rainford says.

From the Scarborough area himself, Rainford says it is important to offer this calibre of training to students so they don't have to go downtown to study culinary arts.

"I wish it was here when I was studying to be a chef," Rainford says. "It would have saved me the two-hour jaunt downtown."

He says his mission for the program is the same as that of the rest of the Centennial culinary instructors — to offer the same level of instruction as other institutions that offer culinary arts programs, and to make Centennial College a destination for this type of training.

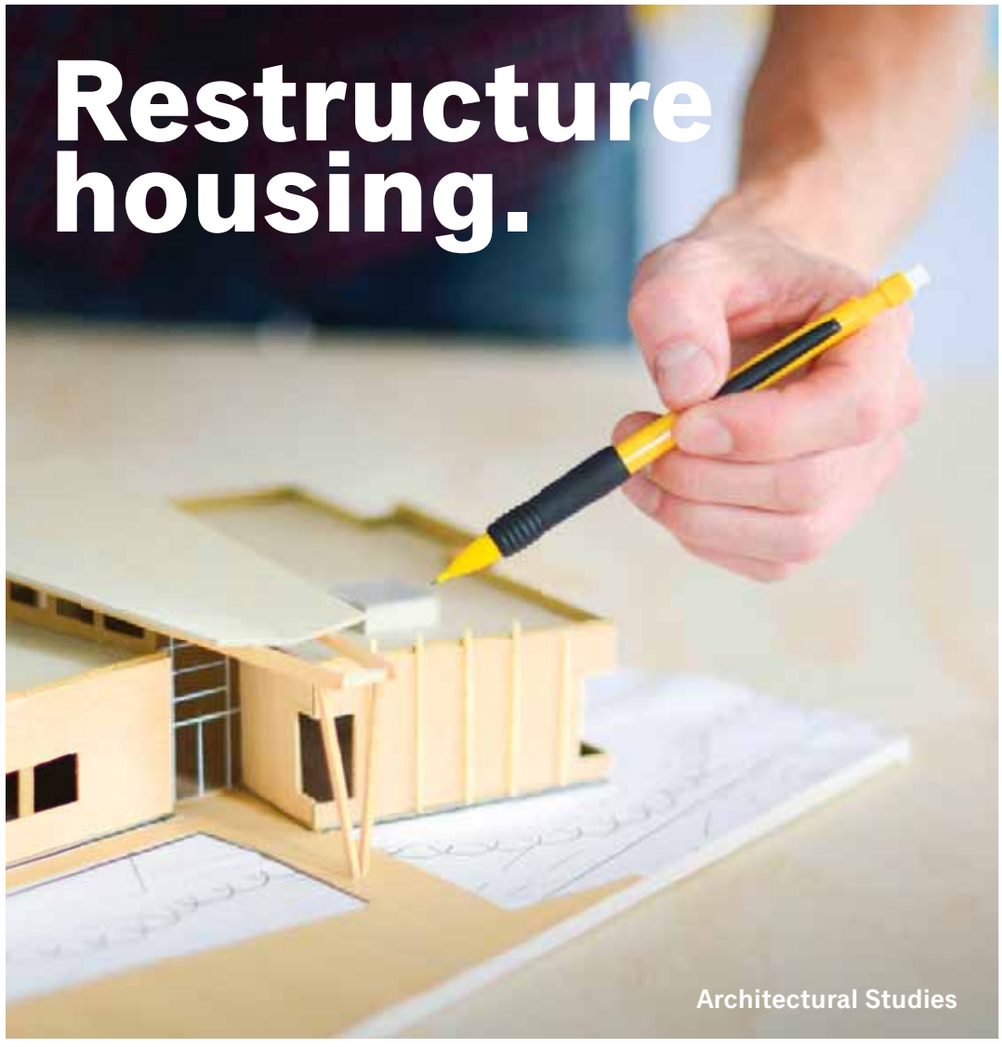
Rainford says students who come through Centennial College will have the same start as he had before launching his successful career as a celebrity chef and author.

"I am them," Rainford says. "Twenty-five years ago, I was in the same situation as them and I show our students that they can do it, too."

For more information, visit centennialcollege.ca.

SHUTTERSTOCK

SHUTTERSTOCK



Purposeful creativity counts: when you're rethinking smart home designs — and building a lifetime of satisfying work. It's the must-have skill for the 21st century. And it's right here at Sheridan.

sheridancollege.ca

Sheridan | Get Creative

James Reimer made 24 saves on 26 shots before leaving the game in the third period after taking a hip to the head from Rangers forward Dominic Moore on Sunday night at Madison Square Garden. Reimer, who has a concussion history, returned to practice Monday and appeared fine. BRUCE BENNETT/GETTY IMAGES

Rattled Reimer returns to practice

NHL. 'Keeper back to work after taking shot to head in strong outing in Leafs first win

James Reimer allowed himself a smile Monday when it was suggested he might start over Jonathan Bernier when the Maple Leafs meet the Colorado Avalanche on home ice Tuesday night.

The notion was based on Reimer's solid outing against the New York Rangers on Sunday night — his first start of the season — which went smoothly until a collision with Dominic Moore ended his night. Reimer, who left the game with a slight head injury and has a concussion history, practised Monday and appeared fine.

He helped the Leafs earn their first win of the season on the road against last season's Stanley Cup finalists. Why not go with the hot hand against Colorado?

"That's up to the coaching staff," said Reimer. "Whenever I play, I want to work my hardest and give the boys a fighting chance. I was happy with the result (Sunday), but obviously there are things to work on, too."

Coach Randy Carlyle usually rides a hot lineup, and while the Rangers were woefully off their game Sunday, the Leafs were impressive after struggling through two losses to open the regular season.

"There's going to be more decisions to make and everyone will play lots of games this season ... but we'll make that (goaltending) decision (Tuesday) morning," assistant coach Peter Horachek said after practice Monday.

TORSTAR NEWS SERVICE

Bernier not sweating

"The most important thing is, you have two goalies who can win games and that's how you can get into the playoffs."

Jonathan Bernier, who says he's not worried about a goalie controversy after three games. It's a healthy situation in that respect, but the Leafs still have plenty of work to do defensively after allowing 32, 38 and 41 shots through three games.

NHL

Briere breaks tie as Avs top Bruins

Daniel Briere scored off a rebound with less than a second left in the third period to lift the Colorado Avalanche to a 2-1 win over the Boston Bruins on Monday.

Jamie McGinn also scored for the Avalanche, who had opened the season with two shutout losses. Backup goaltender Reto Berra made 27 saves in his first start of the season. THE ASSOCIATED PRESS

NBA pre-season

"I can't win games by myself. I can't do anything by myself, so I kind of want to take the attention off of me and put it on more of the team."

Oklahoma City Thunder point guard Russell Westbrook after news came down Sunday that superstar teammate Kevin Durant has a fracture in his right foot. Typically, the injury requires surgery and six to eight weeks of healing.

NFL

Bills' Williams wants trade

The agent for Buffalo Bills wide receiver Mike Williams has been granted permission to seek a trade, GM Doug Whaley said Monday.

Whaley said Williams' agent asked to gauge interest from other teams in a possible trade. Williams was surprisingly inactive for Sunday's 37-22 loss to New England. THE ASSOCIATED PRESS

Lou Williams, seen her shooting over Knicks guard J.R. Smith, had 21 points in the Raptors' pre-season win on Monday night. ALEX GOODLETT/GETTY IMAGES

Raptors give Knicks fits

Lou Williams scored 21 points and the Toronto Raptors beat New York 81-76 on Monday night in the Knicks' pre-season home opener.

With starting point guard Kyle Lowry sitting this one out, Williams came off the bench and shot 6 of 9 from the field in 24 minutes. Toronto acquired him in June from Atlanta.

Carmelo Anthony scored nine points on 4-of-6 shooting in 15 minutes for the Knicks, who had just one player in double figures. J.R. Smith had 10 on 4-of-12 shooting.

On Monday

Raptors	Knicks
81	76

Toronto centre Jonas Valanciunas also got the night off, and former Raptors No. 1 overall pick Andrea Bargnani of the Knicks sat out with a strained right hamstring. Coach Derek Fisher said it was possible Bargnani could play Tuesday in Syracuse against Philadelphia, though the medical staff might prefer he gets a little more rest.

The Knicks opened an 8-0 lead but were horrendous offensively from there as they work to implement the triangle offence that Fisher played in Los Angeles under Phil Jackson.

They managed just four more points in the first quarter and shot 3 of 23 (13 per cent) from three-point range.

THE ASSOCIATED PRESS

No. 13 was no bad luck here

CFL legend Anthony Calvillo poses as he was being honoured before the Alouettes' game against the Riders in Montreal, Monday. Scan the image with your Metro News app for a roundup of the weekend's CFL action. GRAHAM HUGHES/THE CANADIAN PRESS

Molina doubtful to start Game 3 of NLCS

MLB playoffs.
Cardinals catcher suffering from strained oblique muscle; Pierzynski likely to be behind plate Tuesday

The St. Louis Cardinals arrived in the Bay Area ballpark they know so well in October and began preparing for the possibility of facing the Giants without star catcher Yadier Molina.

"Another beautiful day in NorCal!" reliever Randy Choate shouted as he hopped up the dugout steps and onto the field for Monday's workout.

"Shocker!" bench coach Mike Aldrete hollered in response.

Manager Mike Matheny is encouraged Molina might be able to help St. Louis as soon as Tuesday in Game 3, perhaps initially just off the bench as he recovers from a strained left oblique muscle sustained in Sunday's 5-4 victory at Busch Stadium. Playing at all appeared doubtful only a night earlier, then Molina played catch under cloudless skies at AT&T Park and gave Matheny hope.

"A little better than what I expected," Molina said afterward. "When I woke up, I was moving all right. We'll see. I'm going to try."

A.J. Pierzynski is the likely choice to catch former Boston teammate John Lackey in Game 3, and deemed himself ready. The best-of-seven series is tied 1-1.

Molina flew on the team charter on Sunday night after having an MRI. Once the Cardinals arrived at the ballpark on Monday, Molina met with team doctors and medical staff in the training room of the visitors' clubhouse.

Matheny carried three catchers and has Tony Cruz and Pierzynski to fill the big void.

Tim Hudson takes the ball for the Giants, the 39-year-old right-hander's first start beyond the division series in 16 major-league seasons.

THE ASSOCIATED PRESS

ALCS update

Game 3 of the AL Championship Series was postponed because of rain. The game was pushed back from Monday to Tuesday at 8:07 p.m. EDT.

- Kansas City leads Baltimore 2-0 in the best-of-seven series.

The Cardinals' Yadier Molina is tended to by trainer Greg Hauck during Game 2 of the NLCS against the Giants in St. Louis on Sunday. Molina strained an oblique muscle. JAMIE SQUIRE/GETTY IMAGES

Iceland wins 2-0

Dutch continue to struggle under new coach

Swansea midfielder Gylfi Sigurdsson scored both goals Monday as Iceland beat the Netherlands 2-0 in a European Championship qualifier to hand new coach Guus Hiddink his third loss in four matches since taking over after the World Cup.

The win kept Iceland perfect in three qualifiers and left it level atop Group A with the Czech Republic which beat Kazakhstan 4-2 in Almaty.

THE ASSOCIATED PRESS

Salsa dance break

Giants' Cruz done for the season

New York Giants wide receiver Victor Cruz is out for the season.

Coach Tom Coughlin said Monday that Cruz will need surgery to repair a torn patellar tendon in his right knee. He did not know when the surgery would be performed or the length of the rehabilitation.

The 27-year-old Cruz was hurt in the third quarter of a 27-0 loss to the Eagles on Sunday night.

A Pro Bowl pick in 2012, Cruz is known for his salsa dance after scoring touchdowns. THE ASSOCIATED PRESS

Tuesday, October 14, 2014

Service Directory

To advertise contact Ian March at 416-443-4388

PSYCHIC

Psychic & Astrologer
Pandit: BALAJI
By Reading Palm, Face, Picture etc...
I am here to HELP you.If you have any IMPOSSIBLE problems, I can SOLVE them and Give LIFE-LONG Protection.
This is my Generation's power. PRIVATE & CONFIDENTIAL
NOBODY CAN BREAK MY WORK, ITS MY CHALLENGE.
ANY KIND OF BLACK MAGIC REMOVED IN 24 HOURS.
TREATS VODOO, OBEYA, EVIL SPELLS GIVES PROTECTION
212A Queen St. East, Brampton L6V 1B7 647-924-7063,
Queen st. & Kennedy Rd., Above "Cash & Money" 647-855-0966

Indian Reknowned Astrologer
Pandit: DEVDAS SWAMY
Know your Past, Present & Future
100% Removal of Black Magic & Gives 100% Protection
Financial matters * Job * Family Problems * Love
Education * Marriage Problems * Children Problem
Husband & Wife * Depression * Enemy Problems
Any Problems...Immediate Solutions DON'T DELAY MEET TODAY
647-622-9097 / 647-709-3459
5210 Finch Ave E, #1, Scarborough, M1S 4Z6
(MIDDLEFIELD & FINCH, INSIDE GOLDEN BAKERY)

World Famous Astrologer & Psychic
Pandit: KESHAV MURTHY
Solutions & Advises: Job, Business, Money,Health,Marriage Depression, Family, Husband-Wife, Children, Jealousy,Court Love , Sexual, Divorce etc
I CAN HANDLE ALL PROBLEMS
FAST RESULTS MEET ME ONCE & CHANGE YOUR LUCK FOR EVER
Removes Black Magic, Voodoo, Obeya, Butu, Jinn, Tona, & provides 100% Life-Long Protection
Passed down from Generation to Generation
3932 B KEELE ST., NORTH YORK
OPPOSITE CIBC BANK 647-532-7199

@metrotoronto
metro

SRI RAGHAVENDRA ASTROLOGICAL BUREAU
Pandit: Ravi Shankar
Face, Planet, Palm, Horoscope & Vastu
Solution to all Kinds of Problems
Removes Black Magic, Evils Spells, & Spirits
Voodoo, Obeya, Katteri Pilli Soonyam & Kaki Soonyam
HE GIVES 110 YEARS LIFE LONG PROTECTION
647-924-7249 / 647-764-9199
7086 #7A Airport Rd, Mississauga
(AIRPORT & DERRY) Airport Rd N

Psychic Mr GANESH
Indian Psychic
Helps Bring Back Loved ones. Solves all Problems like Job, Family, Health, Marriage, Kids Court, Business,Husband-Wife Depression etc. 100% GUARANTEE
Removes Black Magic, Voodoo,Bad Curse, Buttu, Evil Eyes & Gives 100% Protection
647-739-8222
Kennedy & Lawrence

STAR ASTROLOGICAL CENTER
Pandit: SAHDEVO GURU
Solves Problems related to Love, Children, Business, Job, Money Health, Family, Depression, Etc
100%-Removing Black Magic*Evil Spirits*Obeya*Voodo*Jado*Bad Luck*Jealousy*Witchcraft
HE CAN HANDLE ANY PROBLEM
416-303-3439
67A Dundas St. W, Mississauga, Royal Jewellers Upstairs, DUNDAS & HWY 10

Are you disappointed meeting Many Psychics & Astrologers ?
MISSISSAUGA ASTROLOGER
Pandit: YOGI
Removes Any kind of Black Magic in 24 HOURS
Solutions: Jadoo, Voodoo, Obeya & Gives solutions for Family, Depression, Kids, Money,Job etc
HE CAN CLEAR ANY PROBLEM
647-768-7633
105 Dundas St. E, Mississauga (Hwy 10 & Dundas)

Spiritualist & Astrologer
Pandit: GURU LAXMAN
PRIEST, ADIVASI & TRIBAL CHIEF
He can Handle any Problem: Depression, Family, Husband-Wife, Love, Kids, Jealousy, Money, Court, Enemy etc
REMOVES BLACK MAGIC, JADOO
EVIL SPIRITS & GIVES 100% PROTECTION
647-764-4515
2895 Derry Rd E (Airport & Derry)

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™

GET OUT OF DEBT!

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com

STOP COLLECTION CALLS

CALL ERIKA
(LICENSED DEBT EXPERT)

GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc
Trustee in Bankruptcy
www.rusinek.ca

CREDIT PROBLEMS?

REDUCE YOUR DEBTS & SLEEP LIKE A BABY

EMPIREONE

Consolidate All Your Debts Into
One Small Monthly Payment & Pay NO Interest

416.900.2324

WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION
www.empireonecredit.com

SCARBOROUGH	NORTH YORK	OSHAWA	MISSISSAUGA
250 Consumers Rd. Suite 810	1111 Finch Ave. W. Suite 203	299 Simcoe St. South	165 Dundas Ave. W. Suite 307

LOWEST RATES for bad credit loans since1984

What would you do with $20,000?

PFS

- College tuition?
- Home Renovation?
- Wedding?

You decide.

Have a paid off car 6 years or newer?
You could borrow up to $20,000 the same day from Prudent Financial*

416-634-2013 BorrowWithYourCar.com

*Call for details and conditions

MONEY PROBLEMS?™

Make One Small Monthly Payment For All Your Debts!

WE CAN
- Stop Collection Calls
- Reduce your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish your Credit
- Deal with your Tax Issues

Visit:
GtaCredit.Com

North York (416) 650-1100	Scarborough (416) 754-0011
Mississauga (905) 275-4200	Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100	Toronto Downtown (416) 489-2000

gta credit™

Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

DEBT RELIEF

Are you drowning in debts?
I can help you...

- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709
Evenings and weekends appointment also available

Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

TOO MANY BILLS.... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling

416-740-5400

Toronto • Rexdale • Etobicoke • North York
Don Mills • Bloor West • Scarborough

905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com

FREE Consultation · Evening Appointments· Flexible Payments

KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
Head Office: Rexdale, others non-resident

DO YOU HAVE LOCKED-IN PENSION MONEY?

You can have your money from a former pension if you are in financial problems.

(416)832-4468

Pension Benefits Claims

MORTGAGE APPROVED!

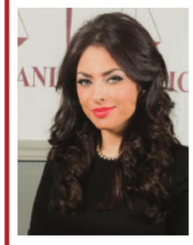
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

License # 11981

LEGAL

Divorce and Criminal Lawyers



Elena E. Mazinani
Lawyer

416-485-8545

7191 Yonge St. Suite 508

- Separation Agreements and Divorce
- Child and Spousal Support
- Domestic Assault Defence
- Drinking and Driving Defence

JOB OPPORTUNITIES

ARE YOU READY TO WORK?
ARE YOU ON ODSP?

Then we have PROGRAMS & EMPLOYERS interested in you!

CALL 416-391-2441

For our next info session

HEALTH

trueNorth
Medical Centre

Find a new direction

The TrueNorth **Women's Clinic** offers a unique model of care for women who are experiencing problems related to opioids.

We offer flexible, drop-in hours to allow same-day access to our services.

374A Danforth Ave., 2nd Floor (Danforth Ave. & Chester St.)
(416) 792-8522
www.truenorthmedical.com

FINANCIAL

MORTGAGES

1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED

*terms and conditions apply Lic# 10154

MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

@metrotoronto

metro

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Some people will seem more demanding than usual over the next 24 hours, but that's okay. You are willing and able to respond to their needs and that will help your reputation.

♉ Taurus
April 21 - May 21
A number of serious matters will have to be dealt with later in the week but today you can relax and enjoy the good things in life.

♊ Gemini
May 22 - June 21
Your enthusiasm for a project will reach new heights today but don't just throw yourself at it in one mad rush. A little bit of planning now will lead to huge benefits later.

♋ Cancer
June 22 - July 23
The best way to solve a relationship issue is not to issue ultimatums but to show a genuine interest in why the object of your affection seems so negative at the moment.

♌ Leo
July 24 - Aug. 23
You may still be anxious about certain issues but with Jupiter in your sign linked to values planet Venus today, it will all come good in the end.

♍ Virgo
Aug. 24 - Sept. 23
Refuse to be hurried today. The more others try to move you along, the more you should dig in your heels and demand to know why they are in such a rush.

♎ Libra
Sept. 24 - Oct. 23
Today's Venus-Jupiter link indicates that the setbacks of recent weeks will soon be a thing of the past. This is a time when even small efforts can yield amazing results.

♏ Scorpio
Oct. 24 - Nov. 22
Just over a week from now, a new solar year begins for you, so make sure your head and your heart are in a good place.

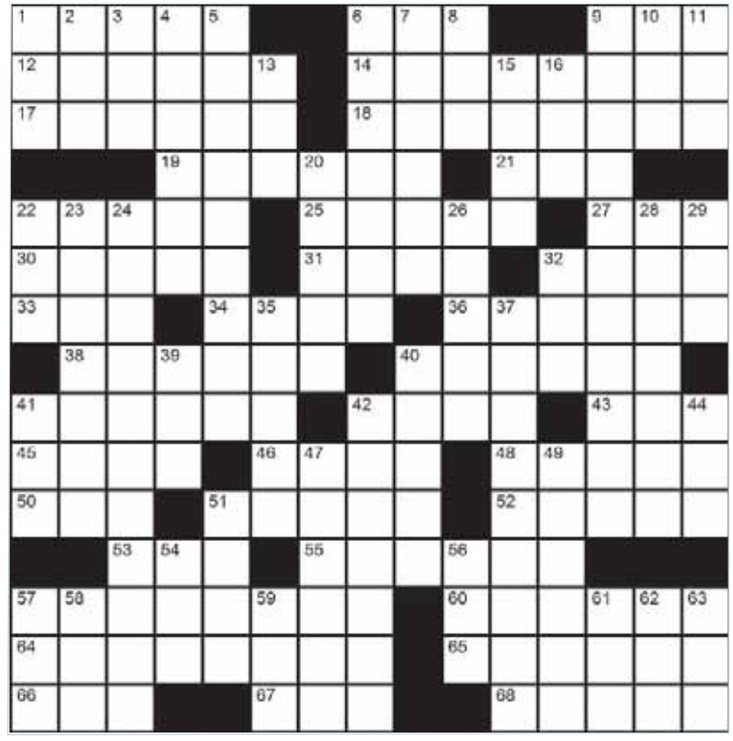
♐ Sagittarius
Nov. 23 - Dec. 21
You may have strong opinions about serious issues but you don't have to be aggressive about them. You will accomplish much more if you talk and act nice.

♑ Capricorn
Dec. 22 - Jan. 20
It may be true that much of what you do in life depends on other people, but there are still many things over which you have total control. Be positive and smile often.

♒ Aquarius
Jan. 21 - Feb. 19
You should be wonderfully happy today. This is one of the best times of the year for you but it won't last much longer, so cheer up and love your life.

♓ Pisces
Feb. 20 - March 20
Financial security may be uppermost in your mind but there are other things to consider, such as how much extra work you will have to do for that extra cash you need.

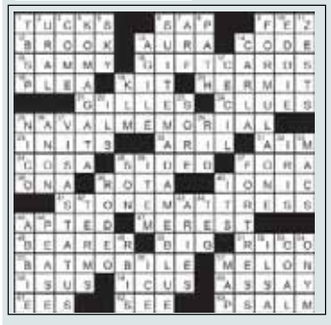
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Classical composer, Louis __
6. Hesitant sounds
9. Literary fairy queen
12. "__ __ __ not..." - Hamlet
14. Baker's flaky creation: 2 wds.
17. Montreal retailer since 1866
18. The Band Perry tune that goes "We scratched our names in that oak tree..."
19. Ending
21. Edm. footballer
22. Greyish
25. Alpine dry wind
27. Poke fun
30. Stock
31. L'__-Verte, Que.
32. Road type
33. Equivalence
34. Desert-like
36. Ms Christie
38. Comedy's Allen
40. Air-passage surgery, briefly
41. Greek Myth: Winds god
42. Actual
43. Auction ware
45. Hip spelling for a hip chick
46. Ms. Brockovich
48. Bandleader Shaw
50. Winding shape
51. Clumsy
52. Hereditary social class
53. US airport screening org.
55. Postulates
57. Wins bigtime
60. Onion choppers
64. "Disco//Very" indie rockers from L.A.
65. Uncommon
66. 1913 song: "Peg _' __ Heart"
67. 'Sulf' suffix
68. Pond buildup

Down
1. Pou __ (Vantage point)
2. 1990s fad game disc
3. Kimono belt
4. Canadian actress Tricia
5. Calin __, Air Canada CEO
6. "__ __ & Personal"
7. 1963 Tommy Tucker tune: "__-__ Sneakers"
8. Splash! __ lion
9. The government overturned RCMP's decision to wear wool tuques instead of these in winter: 2 wds.
10. ___ rule (Most often)
11. Texter's "I meant to mention..."
13. Rembrandt van __ (Famous Dutch painter, variantly)
15. Hundred: Spanish
16. Clinic pros
20. Beatles: "So I lit ____ / Isn't it good / Norwegian wood."
22. Naja Haje
23. Pros who prep homes for showings
24. American __ __: Freak Show, on FX
26. Supremes' "I __ _ Symphony"
28. Acquire
29. Maude portrayer
32. Lake: French
35. Iron: German
37. Number Six was #4-Down's role on series Battlestar __
39. Entire
40. Camp abodes
41. Stone __
42. Retort
44. Golfing item
47. Atone
49. Prankster
51. Collector's suffix
54. Dinner, informally
56. Egos and __
57. "The Ring __"
58. Bash
59. Spy letters
61. Energy unit
62. TV brand
63. Determine

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4		1				5		
	3	2		8	9	1		
	8		1		3		9	
2	1		3				5	
			8	2	7			
	6				1		2	7
	2		6		4		1	
		6	9	7		8	3	
		3				6		5

Friday's Sudoku

THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile
metro

INTRODUCING THE UPPER BEACH COLLECTION

PREMIUM SUITES FROM THE LOW $300,000'S

PRESENTATION CENTRE NOW OPEN / 1089 KINGSTON ROAD

Our collection of one-of-a-kind suites draws inspiration from the neighbourhood's casual, yet refined lifestyle. Expansive terraces and panoramic views invite gatherings of friends and family, while luxurious finishes such as a kitchen island with waterfall edge and marble flooring offer both comfort and style. The location: in the heart of the Upper Beach, one of Toronto's most walkable neighbourhoods and just minutes from the Beach.

KINGSTON & Co

CONDOMINIUMS

REGISTER NOW AT
KINGSTONANDCO.CA / 647.558.5500

tas Shaping Beautiful Cities℠
www.tasdesignbuild.com

MAIN

Specifications are subject to change without notice. Exclusive Listing Agent, Paul Johnston | Unique Urban Homes, Salesperson, Right at Home Realty Inc Brokerage. Brokers are protected. E. & O.E. Illustrations are artistic impressions.